

ACHIEVEMENT, BEST QUOTES ON

Whatever is worth doing at all, is worth doing well.

--Philip Dormer Stanhope

Effort equals results.

—Roger Penske

No one rises to low expectations.

--Les Brown

High expectations are the key to everything.

—Sam Walton

If you continuously compete with others, you become bitter. But if you continuously compete with yourself you become better.

—*positivelifetips.com*

Remember that life is not measured in hours but in accomplishments.

--James A. Pike

It's a funny thing about life; if you refuse to accept anything but the best, you very often get it.

—W. Somerset Maugham

If you care enough for a result, you will most certainly attain it.

--William James

The real achievers do one thing at a time.

--Peter Drucker

Fear of criticism is the kiss of death in the courtship of achievement.

--John Mason

Be not afraid of going slowly, be afraid only of standing still.

--Chinese Proverb

Well-done is better than well-said.

--Ben Franklin

No matter what accomplishment you make, somebody helps you.
—Althea Gibson

Good grades mean good dollars.
--Anita Baker

We aim above the mark to hit the mark.
--Ralph Waldo Emerson

Far away there in the sunshine are my brightest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they lead.
—Louisa May Alcott

Think you can; think you can't; either way you'll be right.
--Henry Ford

To get where you want to go you can't only do what you like.
--Peter Abrahams

It is a paradoxical but profoundly true and important principle of life that the most likely way to reach a goal is to be aiming not at that goal itself but at some more ambitious goal beyond it.
--Arnold J. Toynbee

I know of no more encouraging fact than the unquestioned ability of a man to elevate his life by conscious endeavor.
—Henry David Thoreau

The maxim 'Nothing avails but perfection' may be spelled 'Paralysis.'
--Sir Winston Churchill

Whatever accomplishment you boast of in the world, there is someone better than you.
--African Proverb

The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.
--Michelangelo

To be what we are, and to become what we are capable of becoming, is the only end of life.
--Robert Louis Stevenson

If you want a place in the sun, you've got to expect a few blisters.

--Abigail Van Buren

Enthusiasm is the mother of effort, and without it nothing great was ever achieved.

--Ralph Waldo Emerson

The greatest pleasure in life is doing what people say you cannot do.

--Walter Bagehot

It is right to be content with what you have, never with what you are.

--James Mackintosh

Achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others, and that's nice, too, but not as important or satisfying. Always aim for achievement and forget about success.

--Helen Hayes

There is nothing noble about being superior to some other man.

The true nobility is in being superior to your previous self.

--Hindustani Proverb

Nothing great in the world has been accomplished without passion.

--Hegel

Hit the ball over the fence and you can take your time going around the bases.

--John W. Raper

We must not waste life in devising means. It is better to plan less and do more.

--William Ellery
Channing

Compared to what we ought to be, we are only half awake. We are making use of only a small part of our physical and mental resources. Stating the thing broadly, the human individual thus lives far within his limits. He possesses power of various sorts which he habitually fails to use.

--William James

Nothing splendid has ever been achieved except by those who dared believe that something inside them was superior to circumstances.

--Bruce Barton

Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps.

--David Lloyd George

The reward of a thing well done, is to have done it.

--Ralph Waldo Emerson

If you would hit the mark, you must aim a little above it: Every arrow that flies feels the attraction of earth.

--Henry Wadsworth
Longfellow

Do what you can, with what you have, where you are. What better can you do?

—Theodore Roosevelt

I divide the world into three classes: the few who make things happen; the many who watch things happen; and the vast majority who have no idea of what happens: We need more people who make things happen.

--Nicholas Murray
Butler

One of the saddest experiences which can ever come to a human being is to awaken, gray-haired and wrinkled, near the close of an unproductive career, to the fact that all through the years he has been using only a small part of himself.

--V. W. Burrows

Striving to better, oft we mar what's well.

--William Shakespeare

The deepest personal defeat suffered by human beings is constituted by the difference between what one was capable of becoming and what one has in fact become.

--Ashley Montagu

We are all in the gutter, but some of us are looking at the stars.

--Oscar Wilde

To reach the height of our ambition is like trying to reach the rainbow; as we advance it recedes.

--Edmund Burke

Everyone ought to fear to die until he has done something that will always live.

--Unknown

Remember that life's length is not measured by its hours and days, but by that which we have done for our country and kind. A useless life is short if it lasts a century. We may do much in a few years, and we may do nothing in a lifetime.

--Albert Pike

I can't tell you if genius is hereditary, because heaven has granted me no offspring.

--James McNeill
Whistler

No person was ever honored for what he received. Honor has been the reward for what he gave.

--Calvin Coolidge

They are able who think they are able.

--Virgil

The biggest things are always the easiest to do because there is no competition.

--William Van Horne

Only those who dare to fail greatly can ever achieve greatly.

--Robert F. Kennedy

Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find his right road.

--Dag Hammarskjold

We promise according to our hopes, and perform according to our fears.

--Duc Francois
de La
Rochefoucauld

He that leaveth nothing to Chance will do few things ill, but he will do very few things.

--George, Lord Halifax

Everyone must row with the oars he has.

--English Proverb

Anything we can conceive, we can achieve—the most underdeveloped territory in the world is under our scalps, and I would that we have calluses on our minds but not bunions on our countryside!

--Dorothy M. Carl

Unless a man undertakes more than he possibly can do he will never do all that he can.

--Henry Drummond

Only when you have worked alone--when you have felt around you a black gulf of solitude more isolating than that which surrounds the dying man, and in hope and in despair have trusted to your own unshaken will--then only will you have achieved.

--Oliver Wendell Holmes

Praise the ripe field not the green corn.

--Irish Proverb

Having once decided to achieve a certain task, achieve it at all costs of tedium and distaste. The gain in self-confidence of having accomplished a tiresome labour is immense.

--Arnold Bennett

You must believe to achieve.

--Sophie Turner

If you deliberately plan to be less than you are capable of being, then I warn you that you will be unhappy for the rest of your life.

--Abraham Maslow

Consider the turtle. He makes progress only when he sticks his neck out.

--Sondra Forsyth Enos

It's amazing what one can accomplish when one doesn't know what one can't do.

--Jim Davis

No one knows what it is that he can do.

--Unknown

It is not the going out of port, but the coming in, that determines the success of a voyage.

--Henry Ward Beecher

By their fruits ye shall know them.

--*Matthew 7:20*

The house praises the carpenter.

--Ralph Waldo Emerson

It is not enough to aim, you must hit.

-Italian Proverb

Since it is not granted us to live long, let us transmit to posterity some memorial that we have at least lived.

--Pliny The Younger

What you are must always displease you, if you would attain to that which you are not.

--St. Augustine

Shallow men believe in luck....Strong men believe in cause and effect.

--Ralph Waldo Emerson

One of the rarest things that a man ever does is to do the best he can.

--Josh Billings

Our expectation of what the human animal can learn, can do, can be remains remarkably low and timorous.

--George B. Leonard

A smooth sea never made a skillful mariner.

--English Proverb

None will improve your lot
If you yourselves do not.

—Bertolt Brecht

To do easily what is difficult for others is the mark of talent.

To do what is impossible for talent is the mark of genius.

--Henri Frederic Amiel

To do all that one is able to do, is to be a man; to do all that one would like to do, is to be a god.

--Napoleon I

It is not enough to take steps which may some day lead to a goal; each step must be itself a goal and a step likewise.

--Goethe

As a rule, the man who can do all things equally well is a very mediocre individual.
--Elbert Hubbard

The world which credits what is done
Is cold to all that might have been.
--Alfred, Lord Tennyson

What they have done is of more interest than what they have been.
--Jean Racine

Better to complete a small task well than do much imperfectly.
--Plato

If only every man would make proper use of his strength and do his utmost, he need
never regret his limited ability.
--Cicero

Each man is capable of doing one thing well. If he attempts several, he will fail to
achieve distinction in any.
--Plato

Whatever thy hand findeth to do, do it with all thy might.
--Old Testament

The roots of true achievement lie in the will to become the best that you can become.
--Harold Taylor

Whoever wants to reach a distant goal must take many small steps.
--Helmut Schmidt

Deeds, not stones, are the true monuments of the great.
--J. L. Motley

People who don't grow shrink. Stretch yourself!
-- David L. Beckwith

We rate ability in men by what they finish, not by what they attempt.
—N. Macdonald

Some fellows dream of worthy accomplishments, while others stay awake and do
them.
--Unknown

Don't measure yourself by what you have accomplished, but what you should have accomplished with your ability.

--John Wooden

Be content with your lot; one cannot be first in everything.

--Aesop

First say to yourself what you would be; and then do what you have to do.

--Epictetus

Nothing worthwhile is achieved without patience, labor, and disappointment.

--Frederick W. Lewis

Knowledge may give weight, but accomplishments give luster, and many more people see than weigh.

--Philip Dormer Stanhope

Always dream and shoot higher than you know how to. Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself.

--William Faulkner

America is a land of wonders, in which everything is in constant motion and every change seems an improvement. The idea of novelty is there indissolubly connected with the idea of amelioration. No natural boundary seems to be set to the efforts of man; and in his eyes what is not yet done is only what he has not yet attempted to do.

--Alexis de Tocqueville

Ah, but a man's reach should exceed his grasp,
Or what's a heaven for?

--Robert Browning

You cannot fly like an eagle with the wings of a wren.

--William Henry Hudson

Most people live, whether physically, intellectually or morally, in a very restricted circle of their potential being. They make use of a very small portion of their possible consciousness, and of their soul's resources in general, much like a man who, out of his whole bodily organism, should get into a habit of using and moving only his little finger. Great emergencies and crises show us how much greater our vital resources are than we had supposed.

--William James

Take the sum of human achievement in action, in science, in art, in literature—subtract the work of the men above forty, and while we should miss great treasures, even priceless treasures, we would practically be where we are today....The effective, moving, vitalizing work of the world is done between the ages of twenty-five and forty.

--Sir William Osler

Climb high
Climb far
Your goal the sky
Your aim the star.

--Inscription on Hopkins
Gate at Williams
College

The highest genius is willingness and ability to do hard work. Any other conception of genius makes it a doubtful, if not a dangerous possession.

--R. S. MacArthur

Excellence in any department can be attained only by the labor of a lifetime; it is not to be purchased at a lesser price.

--Samuel Johnson

Aim at perfection in everything, though in most things it is unattainable; however, they who aim at it, and persevere, will come much nearer to it, than those whose laziness and despondency make them give it up as unattainable.

--Lord Chesterfield

If a man can write a better book, preach a better sermon, or make a better mouse-trap than his neighbor, though he build his house in the woods, the world will make a beaten path to his door.

--Ralph Waldo Emerson

The greatest obstacle to growth and development, to learning and to improved function, or even to continued function on the level already reached is discouragement, doubt in one's own ability.

--Russell Dreikurs

You cannot be anything if you want to be everything.

--Solomon Schechter

You can't build a reputation on what you are going to do.

--Henry Ford

Small deeds done are better than great deeds planned.

--Peter Marshall

You cannot push anyone up a ladder unless he is willing to climb a little.

--Andrew Carnegie

Where the heart is willing it will find a thousand ways, but where it is unwilling it will find a thousand excuses.

--Bornean Proverb

Where the loser saw barriers, the winner saw hurdles.

—Robert Brault

Knowing what you cannot do is more important than knowing what you can do.

—Lucille Ball

It is never too late to be what you might have been.

--George Eliot

There is no man living who isn't capable of doing more than he thinks he can do.

--Henry Ford

For every hill I've had to climb,
For every stone that bruised my feet,
For all the blood and sweat and grime,
For blinding storms and burning heat,
My heart sings but a grateful song—
These were the things that made me strong!

--Unknown

What you are is God's gift to you. What you make of yourself is your gift to God.

-Hans Urs von Balthasar

A law of nature rules that energy cannot be destroyed. You change its form from coal to steam, from steam to power in the turbine, but you do not destroy energy. In the same way, another law governs human activity and rules that honest effort cannot be lost, but that some day the proper benefits will be forthcoming.

--Paul Speicher

Who is not satisfied with himself will grow; who is not sure of his own correctness will learn many things.

--Chinese Proverb

One who is contented with what he has done will never become famous for what he will do. He has lain down to die, and the grass is already over him.

--Christian Nestell Bovee

When you are aspiring to the highest place, it is honorable to reach the second or even the third rank.

--Marcus Tullius Cicero

Aim at the sun, and you may not reach it; but your arrow will fly far higher than if aimed at an object on a level with yourself.

--Joel Hawes

Death comes to all
But great achievements build a monument
Which shall endure until the sun grows cold.

--Georg Fabricius

Who dares nothing, need hope for nothing.

--Johann von Schiller

He who starts behind in the great race of life must forever remain behind or run faster than the man in front.

-Benjamin E. Mays

Perfection does not exist. To understand it is the triumph of human intelligence; to desire to possess it is the most dangerous kind of madness.

--Alfred de Musset

Sire, the desire for perfection is the worst disease that ever afflicted the human mind.

--Jean-Pierre-Louis,
Marquis de
Fontanes

A successful individual typically sets his next goal somewhat but not too much above his last achievement. In this way he steadily raises his level of aspiration.

—Kurt Lewin

I'm a slow walker, but I never walk back.

—Abraham Lincoln

The biggest things are always the easiest to do because there is no competition.
—William Van Horne

The past should be a springboard, not a hammock.
—Ivern Ball

Good work is never done in cold blood, heat is needed to forge anything. Every great achievement is the story of a flaming heart.
--Zu Tavern

You don't have to be sick to get better!
--Unknown

The significance of man is not in what he attains, but in what he longs to attain.
--Kahlil Gibran

Ideals are like stars: We never reach them, but like the mariners of the sea, we chart our course by them.
--Charles Schurz

When you do what you've always done, you'll be where you've always been.
—Henry Ford

It's not enough to be good if you have the ability to be better. It is not enough to be very good if you have the ability to be great.
--Alberta Lee Cox

When you aim for perfection, you discover it's a moving target.
--George Fisher

Most of us will never do great things, but we can do small things in a great way.
--Mother Teresa

Aerodynamically the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway.
--Mary Kay Ash

Cherish your visions and your dreams as they are the children of your soul—the blueprints of your ultimate achievements.
--Napoleon Hill

Being the best means outrunning the rest.
--Unknown

Unless you try to do something beyond what you have already mastered, you will never grow.

--Ralph Waldo Emerson

In the race for quality, there is no finish line.

— David T. Kearns

The Truth is that there is nothing noble in being superior to somebody else. The only real nobility is in being superior to your former self.

--Whitney Young

We all have ability. The difference is how we use it.

--Stevie Wonder

You have to expect things of yourself before you can do them.

--Michael Jordan

All things are possible until they are proved impossible—and even the impossible may only be so, as of now.

--Pearl S. Buck

Success is not so much achievement as achieving.

--David J. Mahoney

Perfection is not attainable, but if we chase perfection, we can catch excellence.

--Vince Lombardi

Men do less than they ought, unless they do all that they can.

—Thomas Carlyle

The young do not know enough to be prudent, and therefore they attempt the impossible—and achieve it generation after generation.

--Pearl S. Buck

Remember: There are no traffic jams when you go the extra mile.

--Roger Staubach

Now here, you see, it takes all the running you can do to keep in the same place. If you want to get somewhere else, you must run at least twice as fast as that!

--Lewis Carroll

If better is possible, good is not enough.

--Benjamin Franklin

Your biggest task is not to get ahead of others, but to surpass yourself.

--Unknown

Perhaps the reward of the spirit who tries is not the goal but the exercise.

--E. V. Cooke

If you aspire to the highest place, it is no disgrace to stop at the second, or even the third, place.

--Cicero

As I grow older, I pay less attention to what people say. I just watch what they do.

--Andrew Carnegie

It may be those who do most, dream most.

--Stephen Leacock

The impossible is often the untried.

—Jim Goodwin

He who would leap high must take a long run.

—Danish Proverb

Human nature is ever capable of improvement and never able of being made perfect.

--John Clare

Leisure is the time for doing something useful.

--Benjamin Franklin

An ambitious man can never know peace.

--J. Krishnamurti

Destiny is not a matter of change, it is a matter of choice; it is not a thing to be waited for, it is a thing to be achieved.

--William Jennings Bryan

The world is moving so fast nowadays that the man who says it can't be done is generally interrupted by someone doing it.

—Elbert Hubbard

One never notices what has been done; one can only see what remains to be done.
--Marie Curie

Either I will find a way, or I will make one.
--Philip Sidney

If you want to do something, you'll find a way. If you don't, you'll find an excuse.
--Jim Rohn

Nothing splendid has ever been achieved except by those who dared to believe that something inside of them was superior to circumstance.
--Bruce Barton

It is reasonable to have perfection in our eye that we may always advance toward it, though we know it can never be reached.
--Samuel Johnson

Quality is never an accident; it is always the result of high intention, sincere effort, intelligent direction and skillful execution; it represents the wise choice of many alternatives, the cumulative experience of many masters of craftsmanship.
--Will A. Foster

Any man's life will be filled with constant and unexpected encouragement if he makes up his mind to do his level best each day.
--Booker T. Washington

You don't have to think too much about 'excellence'—that sounds kind of fancy. Just do the work in front of you—grubby as it seems at the time—the very best you can and it will probably lead to excellence.
--Helen Gurley Brown

I have offended God and mankind because my work didn't reach the quality it should have.
--Leonardo da Vinci

The unfinished is nothing.
--Henri Frederic Amiel

Knowing is not enough; we must apply. Willing is not enough; we must do.
—Goethe

Man is always more than he can know of himself; consequently, his accomplishments, time and again, will come as a surprise to him.

--Golo Mann

If it is to be, it is up to me.

--William H. Johnsen

It may be those who do most, dream most.

--Stephen Leacock

You rarely achieve more than you expect.

--Carol Grosse

To get profit without risk, experience without danger and reward without work, is as impossible as it is to live without being born.

--A. P. Gouthey

Lord, grant that I may always desire more than I can accomplish.

--Michelangelo

You don't start climbing a mountain to get to the middle. Why be content with being average?

--James Hart

The human spirit needs to accomplish, to achieve, to triumph to be happy.

--Ben Stein

There is none so excellent that he cannot be excelled.

-Baltasar Gracian

This world is a round gulf, and he who cannot swim must go to the bottom.

--Spanish Proverb

What use is a good head if the legs won't carry it?

--Yiddish Proverb

The only one who can tell you 'You can't' is you. And you don't have to listen.

--Nike Advertisement

If you do things well, do them better. Be daring, be first, be different, be just.

--Anita Roddick

That man is idle who can do something better.

--Ralph Waldo Emerson

We all start out with no discipline, no patience, no perseverance, no determination. We all start out at zero. People say, 'You have talent.' No, the gift is to realize that we all start out even. Whether we messed up or put our best foot forward, with these four qualities, we take care of our mental, physical, and spiritual health each day. Am I the best in the world? No. The question is: am I the best I can be?

--Edward James Olmos

It is necessary to try to surpass one's self always; this occupation ought to last as long as life.

--Queen Christina

He who does not cultivate his field, will die of hunger.

--Guinean Proverb

Complacency is the enemy of achievement.

--Dennis Kimbro

The world is divided into people who do things and people who get the credit. Try, if you can, to belong to the first class. There's far less competition.

--Dwight Morrow

A man can be as great as he wants to be. If you believe in yourself and have the courage, the determination, the dedication, the competitive drive and if you are willing to sacrifice the little things in life and pay the price for the things that are worthwhile, it can be done.

--Vince Lombardi

The single-minded ones, the monomaniacs, are the only true achievers. The rest, the ones like me, may have more fun; but they fritter themselves away. The monomaniacs carry out a 'mission;' the rest of us have 'interests.' Whenever anything is being accomplished, it is being done. . . by a monomaniac with a mission.

--Peter Drucker

If you're not making progress all the time, you're slipping backwards.

--Sir John Harvey-Jones

If there is no struggle, there is no progress.

--Frederick Douglass

What you get by achieving your goals is not as important as what you become by achieving your goals.

--Zig Ziglar

The saddest summary of a life contains three descriptions: could have, might have and should have.

--Louis E. Boone

A man can do his best only by confidently seeking (and perpetually missing) an unattainable perfection.

--Ralph Barton Perry

The gem cannot be polished without friction, nor man perfected without trials.

--Chinese Proverb

You will never stub your toe standing still. The faster you go, the more chance there is of stubbing your toe, but the more chance you have of getting somewhere.

--Charles F. Kettering

Excellence is the result of caring more than others think is wise; risking more than others think is safe; dreaming more than others think is practical and expecting more than others think is possible.

—Ronnie Oldham

Without the wind's resistance, an eagle would never fly.

--Unknown

He who stops being better stops being good.

--Oliver Cromwell

Every morning in Africa, a gazelle wakes up. It knows it must run faster than the fastest lion or it will be killed...every morning a lion wakes up. It knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you are a lion or a gazelle...when the sun comes up, you'd better be running.

--Christopher McDougall

Back of ninety-nine out of one hundred assertions that a thing cannot be done is nothing but the unwillingness to do it.

--William Feather

If you want to have what you have not, you must do what you do not.

--Thomas Jefferson

God gives the nuts, but he does not crack them.

--German Proverb

Bettors have their betters.

--Japanese Proverb

People do not become great by doing great things; they do great things because they are great.

--Bernard Shaw

The word impossible is peculiar because if you examine it closely, you'll find that most of it is possible.

--Evan Esar

The way to be nothing is to do nothing.

--Nathaniel Hawthorne

One machine can do the work of 50 ordinary men, but no machine can do the work of one extraordinary man.

--Elbert Hubbard

Take a lesson from the mosquito: he never waits for an opening—he makes one.

--Kirk Kirkpatrick

Noah didn't wait for his ship to come in—he built one.

--Dale Bronner

The airplane, the atomic bomb and the zipper have cured me of any tendency to state that a thing can't be done.

--R. L. Duffus

The right angle from which to approach any problem is the try angle.

--Unknown

With willing hearts and skillful hands, the difficult we do at once; the impossible takes a bit longer.

--Motto of the Seabees

You've achieved first place; now aim for perfection.

--Dan L. Miller

There is only one proof of ability: action.

--Marie von
Ebner-Eschenbach

Life is like a 10-speed bike. We all have gears we never use.

--Charles Schultz

In a novel, the author writes the conclusion; in a self-help book, the reader writes the conclusion by the action they take.

—W. Clement Stone

Nothing can stop the man with the right mental attitude from achieving his goal: nothing on earth can help the man with the wrong mental attitude.

--Thomas Jefferson

Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for: it is a thing to be achieved.

--William Jennings Bryan

Yes, you can be a dreamer and a doer too, if you will remove one word from your vocabulary: Impossible.

--Robert H. Schuller

The days come and go, but they say nothing, and if we do not use the gifts they bring, they carry them as silently away.

--Ralph Waldo Emerson

Do whatever you do so well that no man living and no man yet unborn could do it better.

--Benjamin Mays

The moral is clear: The wisest folks know
That it's nice to win, but it's foolish to crow.

--Aesop

You are the only person on this earth who can use your ability.

--Zig Ziglar

The greatest achievements take the deepest patience and the longest time.

--Sogyal Rinpoche

We are what we repeatedly do. Excellence, then, is not an act, but a habit.

--Aristotle

One that desires to excel should endeavor in those things that are in themselves most excellent.

--Epictetus

For of all sad words of tongue or pen, the saddest are these: 'It might have been!'

-John Greenleaf Whittier

We know what we are, but know not what we may be.

--William Shakespeare

The difference between ordinary and extraordinary is that little extra.

--Jimmy Johnson

Most of all, we need the sense of accomplishment that comes from achieving what we set out to do.

--Leon Tec

There has never yet been a man in our history who led a life of ease whose name is worth remembering.

--Theodore Roosevelt

Perfection never exists in reality, but only in our dreams.

--Dr. Rudolf Dreikurs

A smooth sea never made a skilled mariner.

--English Proverb

The way of progress is neither swift nor easy.

--Marie Curie

Don't settle for excellence. Strive for greatness.

--Unknown

Kites rise against the wind—not with it.

--Winston Churchill

As long as I can conceive something better than myself I cannot be easy unless I am striving to bring it into existence or clearing the way for it.

--George Bernard Shaw

No one knows what he can do till he tries.

--Publius Syrus

We don't need more strength or more ability or greater opportunity. What we need is to use what we have.

--Basil S. Walsh

Vigorous let us be in attaining our ends, and mild in our method of attainment.

--Lord Newborough

Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.

--Louisa May Alcott

The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one.

--Mark Twain

The greater the obstacle the more glory in overcoming it.

--Moliere

Having an above average teacher for five years running can completely close the average gap between low-income students and others.

--John Kain and Eric
Hanushek

There is a great distance between said and done.

--Puerto Rican Proverb

If you're going to do good work, the work has to scare you.

--Andre Previn

Life is too short to be small.

--Benjamin Disraeli

Spectacular achievements are always preceded by unspectacular preparation.

--Roger Staubach

Only a mediocre person is always at his best.

--Somerset Maugham

If people knew how hard I worked to get my mastery, it wouldn't seem so wonderful after all.

--Michelangelo

When you reach for the stars, you may not quite get one, but you won't come up with a handful of mud either.

—Leo Burnett

People always told me that my natural ability and good eyesight were the reasons for my success as a hitter. They never talk about practice, practice, practice!

--Ted Williams

The measure of who we are is what we do with what we have.

--Vince Lombardi

We would accomplish many more things if we did not think of them as impossible.

--Vince Lombardi

Achievement is largely the product of steadily raising one's levels of aspiration and expectation.

--Jack Nicklaus

We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.

--Henry Wadsworth
Longfellow

If you don't make mistakes, you're not working on hard enough problems. And that's a big mistake

--Frank Wilczek

Things won are done; joy's soul lies in the doing.

--William Shakespeare

The biggest room in the world is the room for improvement.

--Chinese Proverb

Doing the best in this moment puts you in the best place for the next moment.

--Oprah Winfrey

Great beginnings are not as important as the way one finishes.

--Dr. James Dobson

I have always admired the ability to bite off more than one can chew and then chew it.

—William Dewille

Never mistake activity for achievement.

--John Wooden

Excellence can be achieved if you ... Care more than others think is wise ... Risk more than others think is safe ... Dream more than others think is practical ... Expect more than others think is possible.

—Claude Thomas Bissell

What you can achieve is limited only by how far you can see.

--Unknown

Don't let perfection get in the way of excellence.

--Unknown

Where there is no hope there can be no endeavors.

--Samuel Johnson

Get someone else to blow your horn, and the sound will travel twice as far.

--Will Rogers

One can never consent to creep when one feels the impulse to soar!

--Helen Keller

All that we do is done with an eye to something else.

--Aristotle

Genius is the gold in the mine; talent is the miner that works and brings it out.

--Lady Marguerite
Blessington

We don't need more strength or more ability or greater opportunity. What we need is to use what we have.

--Basil S. Walsh

If you do not raise your eyes, you will think that you are the highest point.

--Antonio Porchia

Some of the world's greatest feats were accomplished by people not smart enough to know they were impossible.

--Doug Larson

The mould of a man's fortune is in his own hands.

--Francis Bacon

You can have anything you want if you want it desperately enough. You must want it with an exuberance that erupts through the skin and joins the energy that created the world.

--Sheila Graham

The conflict between what one is and who one is expected to be touches all of us. And sometimes, rather than reach for what one could be, we choose the comfort of the failed role, preferring to be the victim of circumstance, the person who didn't have a chance.

--Merle Shain

The best competition is with yourself to get better.

--Brandi J. Lindsey

It is our attitude at the beginning of a difficult undertaking which, more than anything else, will determine its successful outcome.

--William James

High achievement always takes place in the framework of high expectation.

--Charles Kettering

I am doomed to an eternity of compulsive work. No set goal achieved satisfies. Success only breeds a new goal. The golden apple devoured has seeds. It is endless.

--Bette Davis

Strive for excellence, not perfection

--H. Jackson Brown Jr.

Who begins too much accomplishes little.

--German Proverb

Beauty fades, but dumb is forever.

--Amy Poehler

People choose the paths that grant them the greatest rewards for the least amount of effort.

--David Shore

Once we accept our limits, we go beyond them.

--Albert Einstein

When you set out and do bold things, you win, and when you're cautious and let someone else do the bold things, you lose.

--Bob Lutz

The world always steps aside for people who know where they're going.

--Miriam Viola Larsen

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.

--Helen Keller

Success is not so much achievement as achieving.

--David J. Mahoney

To achieve great things we must live as though we were never going to die.

--Marquis de
Vauvenargues

Those who speak most of progress measure it by quantity and not by quality.

--George Santayana

Perfection is attained by slow degrees; it requires the hand of time.

--Voltaire

Without continual growth and progress, such words as improvement, achievement, and success have no meaning.

--Benjamin Franklin

One who desires to excel should endeavor in those things that are in themselves most excellent.

--Epictetus

Great achievement is usually born of great sacrifice, and is never the result of selfishness.

--Napoleon Hill

Great works are performed not by strength, but by perseverance.

--Samuel Johnson

In this life we get only those things for which we hunt, for which we strive, and for which we are willing to sacrifice.

--George Matthew Adams

Progress is not created by contented people.

--Frank Tyger

The minute you start to believe you can't fail you already have.

--Jeff Ward

The heights by great men reached and kept were not attained by sudden flight, but they while their companions slept, were toiling upward in the night.

--Henry Wadsworth
Longfellow

You cannot win if you do not play.

--Steve Forbert

Think of how stupid the average person is, and realize half of them are stupider than that.

--George Carlin

Stay fit to fight. Your body is your ultimate weapons system. Physical fitness for your body is essential for mental fitness.

--General David Petraeus

There are many who find a good alibi far more attractive than an achievement. For an achievement does not settle anything permanently. We still have to prove our worth anew each day: we have to prove that we are as good today as we were yesterday. But when we have a valid alibi for not achieving anything we are fixed, so to speak, for life. Moreover, when we have an alibi for not writing a book, painting a picture, and so on, we have an alibi for not writing the greatest book and not painting the greatest picture. Small wonder that the effort expended and the punishment endured in obtaining a good alibi often exceed the effort and grief requisite for the attainment of a most marked achievement.

--Eric Hoffer

They who lack talent expect things to happen without effort. They ascribe failure to a lack of inspiration or ability, or to misfortune, rather than to insufficient application. At the core of every true talent there is an awareness of the difficulties inherent in any achievement, and the confidence that by persistence and patience something worthwhile will be realized. Thus talent is a species of vigor.

--Eric Hoffer

Nothing discourages the concentration necessary to perform well more than worrying about the outcome.

--John Eliot

Great things are not accomplished by those who yield to trends and fads and popular opinion.

--Jack Kerouac

The perfect is the enemy of the good.

--Voltaire

What is it that often puts the B student ahead of the A student in adult life, especially in business and creative professions? Certainly it is more than verbal skill. To create, one must have a sense of adventure and playfulness. One needs toughness to experiment and hazard the risk of failure. One has to be strong enough to start all over again if need be and alert enough to learn from whatever happens. One needs a strong ego to be propelled forward in one's drive toward an untried goal. Above all, one has to possess the ability to play!

--Theresa Caplan

That's what we're all about at Northwestern—do it well while you're here and do it exceptionally well even after you leave.

--Drew Pariano

The achievements that we chalk up to natural ability or individual resolve owe a great deal to factors we under appreciate: historical timing, the career paths seized by immigrant parents, family wealth, the opportunity to put in thousands of hours of practice. Society has more control over who succeeds than we imagine; our talent pool could be much bigger than it is.

--Malcolm Gladwell

For the birds that cannot soar, God has provided low branches.

--Turkish Proverb

A man is not finished when he is defeated. He is finished when he quits.

--Richard M. Nixon

It is clear from all these data that the interests of teenagers are not focused around studies, and that scholastic achievement is at most of minor importance in giving status or prestige to an adolescent in the eyes of other adolescents.

--James S. Coleman

All glory comes from daring to begin.

--Eugene F. Ware

It is better to have done something than to have been someone.

--Claude Monet

Good enough never is.

--Debbi Fields

Infinite striving to be the best is man's duty; it is its own reward. Everything else is in God's hands.

--Mohandas Gandhi

Impossible is a word only to be found in the dictionary of fools.

--Napoleon

Everything you want is on the other side of fear.

--Jack Canfield

The only thing standing between you and your goal is the bullshit story you keep telling yourself as to why you can't achieve it.

--Jordan Belfort

The higher the social class of other students the higher any given student's achievement.

--James S. Coleman

Men do less than they ought, unless they do all that they can.

--Thomas Carlyle

He who limps is still walking.

--Stanislaw Lec

Happiness... it lies in the joy of achievement, in the thrill of creative effort.

--Vincent Van Gogh

Nothing wilts faster than laurels that have been rested upon.

--Percy Bysshe Shelley

Promise me you'll always remember: You're braver than you believe, and stronger than you seem, and smarter than you think.

--A. A. Milne

If you can dream it, you can do it.

--Walt Disney

Ideals are like stars;
You will not succeed
In touching them
With your hands,
But like the seafaring man
On the desert of waters,
You choose them as your guides,
And following them
You reach your destiny.

--Carl Schurz

Use what talent you possess: the woods would be very silent if no birds sang except those that sang best.

--Henry Van Dyke

Challenges are what make life interesting; overcoming them is what makes life meaningful.

--Joshua J. Marine

I've got a theory that if you give 100% all of the time, somehow things will work out in the end.

--Larry Bird

To climb steep hills requires slow pace at first.

--William Shakespeare

Always compare yourself to the best. Even if you never measure up, it can't help but make you better.

--Tom Robbins

Limited expectations yield only limited results.

--Susan Laurson Willig

You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose.

--Dr. Seuss

What you are is what you have been, and what you will be is what you do now.

--The Buddha

In order to win, you must expect to win.

--Richard Bach

I am a slow walker ... but I never walk backwards.

--Abraham Lincoln

I long to accomplish a great and noble task; but it is my chief duty and joy to accomplish humble tasks as though they were great and noble.

--Helen Keller

Use missteps as stepping stones to deeper understanding and greater achievement.

--Susan L. Taylor

Every man is free to rise as far as he's able or willing, but the degree to which he thinks determines the degree to which he'll rise.

--Ayn Rand

Obstacles are those frightful things you see when you take your eyes off your goal.

—Henry Ford

Take into account that great love and great achievements involve great risk.

—Dali Lama

Do just once what others say you can't do, and you will never pay attention to their limitations again.

— James R. Cook

To climb steep hills requires slow pace at first.

—William Shakespeare

To be pleased with one's limits is a wretched state.

—Johann Wolfgang von
Goethe

If you take no risks, you will suffer no defeats. But if you take no risks, you win no victories.

—Richard M. Nixon

It is not the going out of port, but the coming in, that determines the success of a voyage.

—Henry Ward Beecher

Comfort is the enemy of achievement.

—Farrah Gray

Happiness does not come from doing easy work but from the afterglow of satisfaction that comes after the achievement of a difficult task that demanded our best.

—Theodore Isaac Rubin

Tomorrow (noun): A mystical land where 99% of all human productivity, motivation and achievement is stored.

—Unknown

Never let your goals become your limits.

—Unknown

The first step towards getting somewhere is to decide that you are not going to stay where you are.

—J. P. Morgan

Don't tell me the sky is the limit when there are footprints on the moon.

—Albert Einstein

There ain't no rules around here. We're trying to accomplish something.

—Thomas Edison

The man who has done his best has done everything.

—Charles M. Schwab

Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life, and it is the main obstacle between you and a shitty first draft. I think perfectionism is based on the obsessive belief that if you run carefully enough, hitting each stepping-stone just right, you won't have to die. The truth is that you will die anyway and that a lot of people who aren't even looking at their feet are going to do a whole lot better than you, and have a lot more fun while they're doing it.

—Anne Lamott

In the long run, men hit only what they aim at. Therefore, they had better aim at something high.

—Henry David Thoreau

Only those who will risk going too far can possibly find out how far one can go.

—T. S. Eliot

We should not judge people by their peak of excellence; but by the distance they have traveled from the point where they started.

—Henry Ward Beecher

Give yourself an even greater challenge than the one you are trying to master and you will develop the powers necessary to overcome the original difficulty.

—William Bennett

He can who thinks he can, and he can't who thinks he can't. This is an inexorable, indisputable law.

—Pablo Picasso

I don't compete with other discus throwers. I compete with my own history.

—Al Oerter

We like to think of college as a meritocracy, a place where only the dedicated and smart survive. But it seems to be something else. Between 1970 and 2012, the proportion of American 24-year-olds who came from affluent families and had a bachelor's degree rose from 40 percent to 73 percent—quite an enlightenment period for privileged kids. But over the same period, the proportion of American 24-year-olds who came from low-income families and had a bachelor's degree rose from 6 percent to just 8 percent. The country's uneven public-school systems cannot be blamed entirely for this state of affairs. Too many people come to college unprepared academically, it's true. But even those low-income students who outperform their affluent peers on tests are less likely to graduate from college.

—Amanda Ripley

Nothing happens by itself... it all will come your way, once you understand that you have to make it come your way, by your own exertions.

—Ben Stein

Sometimes I worry that I haven't lived up to my potential. Other times, I fear that I have.

—Chip Sansom

Man is a goal-seeking animal. His life only has meaning if he is reaching out and striving for his goals.

—Aristotle

If you trust in yourself...and believe in your dreams...and follow your star...you'll still get beaten by people who spent their time working hard and learning things and weren't so lazy.

—Terry Pratchett

Your fear of looking stupid is holding you back!

— Shannon Luxford

Better to do something imperfectly than to do nothing perfectly.

—Robert H. Schuller

If my mind can conceive it, and my heart can believe it, I know I can achieve it.

—Jesse Jackson

If you are not willing to learn, no one can help you. If you are determined to learn, no one can stop you.

—*Grammarly*

If men cease to believe that they will one day become gods, then they will surely become worms.

—Henry Miller

High achievers spot rich opportunities swiftly, make big decisions quickly and move into action immediately. Follow these principles and you can make your dreams come true.

—Robert H. Schuller

Optimism is essential to achievement, and it is also the foundation of courage and true progress.

—Nicholas M. Butler

Performance is your reality. Forget everything else.

—Harold S. Geneen

Do the best you can until you know better. Then when you know better, do better.

—Maya Angelou

I mean, the general rule is if you're not prepared to make a mistake, you're not going to make much progress.

—Maurice Wilkins

Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.

—Raymond Chandler

The best way out is always through.

—Robert Frost

Three simple rules in life: If you do not go after what you want, you'll never have it. If you do not ask, the answer will always be no. If you do not step forward, you will always be in the same place.

—Nora Roberts

The amount of stress on a student is ridiculous. Students feel the constant need at our school of having to keep up with all the achievements. We'll do just fine, even though we got a B-minus on that chem test. And no, I won't join the debate team for you. We love our moms and we love our dads, but calm down.

—Martha Cabot, High School Sophomore

The rich middle-and high-school kids...show higher rates of alcohol and drug abuse on average than poor kids, and much higher rates than the national norm. They report clinically significant depression or anxiety or delinquent behaviors at a rate two to three times the national average. Starting in the seventh grade, the rich cohort includes just as many kids who display troubling levels of delinquency as the poor cohort, although the rule-breaking takes different forms. The poor kids, for example, fight and carry weapons more frequently....The rich kids, meanwhile, report higher levels of lying, cheating, and theft.

—Hanna Rosin citing a Yale Psychiatry Department Study by Suniya Luthar

Luthar constructed a profile of elite American adolescents whose self-worth is tied to their achievements and who see themselves as catastrophically flawed if they don't meet the highest standards of success. Because a certain kind of success seems well within reach, they feel they have to attain it at all costs—a phenomenon she refers to as 'I can, therefore I must.' Middle-class kids, she told me, generally do not live with the expectation that they should go to Stanford or earn \$200,000 a year. 'If I've never been to the moon,' she said of middle-class families, 'why would I expect my kids to go there?' The yardstick for the children of the meritocratic elite is different, and it can intimidate as much as it can empower.

—Hanna Rosin citing a Yale Psychiatry Department Study by Suniya Luthar

Elite education manufactures students who are smart and talented and driven, yes, but also anxious, timid, and lost, with little intellectual curiosity and a stunted sense of purpose.

—William Deresiewicz

College dean Julie Lythcott-Haims interacted with student who relied on their parents ‘in ways that felt, simply, off’ and who seemed ‘existentially impotent.’ She detailed the growing mental-health crisis at colleges, and described the brilliant, accomplished students who ‘would sit on my couch holding their fragile, brittle parts together, resigned to the fact that this outwardly successful situation was their miserable life.’

—Hanna Rosin

A student, teacher, or counselor would look around to make sure no one was listening and then whisper a story about an Asian kid being punished or even kicked out of the house for a night after getting a B or failing to get into Stanford. I’d heard how new East Asian immigrant parents mistakenly transposed the reality of education in, say, China or Korea, which is that how you do on a single test can determine your entire future.

—Hanna Rosin

A piece of you cringes when you hear that your friend has been preparing for the SAT with classes since last summer, and that they’re already scoring a 2000. (And what about...the girl taking a summer immersion program to skip ahead and get into AP French her sophomore year? And that internship your best friend has with a Stanford professor?) You can’t help but slip into the system of competitive insanity...We are not teenagers. We are lifeless bodies in a system that breeds competition, hatred, and discourages teamwork and genuine learning. We lack sincere passion. We are sick...Why is that not getting through to this community? Why does this insanity that is our school district continue?

—Carolyn Walworth,
High School Junior

You don’t need to get the best grades or do the best anything. Just do what makes you smile.

—*Unmasked*—High
School Film

The achievements which society rewards are won at the cost of diminution of personality.

—Benjamin Jowett

Don't wish it was easier, wish you were better. Don't wish for less problems, wish for more skills. Don't wish for less challenges, wish for more wisdom. The major value in life is not what you get. The major value in life is what you become. Success is not to be pursued; it is to be attracted by the person you become.

—Jim Rohn

I may not be there yet, but I'm closer than I was yesterday. :)

—José N. Harris

A frog decided to reach the top of a tree. All frogs shouted, 'It's impossible, It's impossible...' Still the frog reached the top...How? because...He was DEAF...and He thought...everyone was encouraging him to reach the top...Be deaf to negative thoughts...if your aim is to reach your goal.

—*laugingcolours.com*

No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.

—Tony Robbins

Perfection seems like the goal. It's impressive to see the pressure perfectionists put on themselves. It seems as if they work on a higher order. But maybe they are just frozen—focused myopically on perfectionism rather than the goal of the project. Perfection often causes paraplegia because we forget that it's not perfection we need. It's a solution that moves us forward.

—Danny Gregory

Perfection is hard to achieve and always impermanent. The exact right solution for a given time will always wear out its perfection. Otherwise we wouldn't have evolution—empires would not crumble, champions would not fall. The universe is always in flux, so waiting endlessly for perfection just means you'll miss the boat.

—Danny Gregory

You must always strive to be the best, but you must never believe that you are.

—Juan Manuel Fangio

Skill to do comes of doing.

—Ralph Waldo Emerson

Discipline is the bridge between goals and accomplishment.

—Jim Rohn

If I had eight hours to chop down a tree, I'd spend six hours sharpening my ax.

—Abraham Lincoln

It is right to be contented with what we have, never with what we are.

--James Mackintosh

Our business in life is not to get ahead of others, but to get ahead of ourselves.

—E. Joseph Cossman

No matter how carefully you plan your goals they will never be more than pipe dreams unless you pursue them with gusto.

—W. Clement Stone

No pressure, no diamonds.

—Thomas Carlyle

The world belongs to the energetic.

—Ralph Waldo Emerson

The more you do it, whatever you do, the better you become at it. And if you love it, you become even better.

—Sergio Aragonés

Never measure the height of a mountain until you have reached the top. Then you will see how low it was.

—Dag Hammarskjöld

Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time.

—Henry Wadsworth
Longfellow

Never be afraid to make a fool of yourself. The furthest out you can go is the best place to be. (But pushing the envelope has to come naturally; you can't force it.)

--Tom Robbins

Always compare yourself to the best. Even if you never measure up, it can't help but make you better.

--Tom Robbins

Hitch your wagon to star, or you will just stay where you are.

—D. H. Lawrence

A young economist at Northwestern University named C. Kirabo Jackson....created a proxy measure for students' noncognitive ability, using just four pieces of existing administrative data: attendance, suspensions, on-time grade progression, and overall GPA. Jackson's new index measures, in a fairly crude way, how engaged students were in school—whether they showed up, whether they misbehaved and how hard they worked in their classes. Jackson found that this simple noncognitive proxy was, remarkably, a better predictor than students' test scores of whether the students would go on to attend college, a better predictor of adult wages, and a better predictor of future arrests.

—Paul Tough

Four key beliefs that, when embraced by students, seem to contribute most significantly to their tendency to persevere in the classroom:

1. I belong in this academic community.
2. My ability and competence grow with my effort.
3. I can succeed at this.
4. This work has value for me.

If students hold these beliefs in mind as they are sitting in math class, Farrington [Camille] concludes, they are more likely to persevere through the challenges and failures they encounter there. And if they don't, they are more likely to give up at the first sign of trouble.

—Paul Tough

It is better to be prepared for an opportunity and not have one than to have an opportunity and not be prepared.

—Whitney Moore Young

The question isn't who is going to let me; it's who is going to stop me.

—Ayn Rand

Nothing builds self-esteem and self-confidence like accomplishment.

—Thomas Carlyle

The difference between what we do and what we are capable of doing would solve most the world's problems.

—Mahatma Gandhi

Authentic student achievement cannot be measured by test scores alone but also by the small day to day moments of our students' individual triumphs.

—Robert John Meehan

You see things; and you say 'Why?' But I dream things that never were; and I say 'Why not?'

—George Bernard Shaw

Dreams come a size too big so that we can grow into them.

—Josie Bisset

The best angle from which to approach any problem is the try-angle.

—*Poster Envy*

The expert at anything was once a beginner.

—Helen Hayes

In any given moment we have two options: to step forward into growth or to step back into safety.

—Abraham Maslow

Every society through history has picked some trait that magnifies success for some. We've picked academic skills.

—Robert Sternberg

Quibble with the details all you want, but there's no escaping the conclusion that most Americans aren't smart enough to do something we are told is an essential step toward succeeding in our new, brain-centric economy—namely, get through four years of college with moderately good grades.

—David H. Freedman

Perfection is like chasing the horizon. Keep moving.

—Neil Gaiman

Ignore people who say you can't do it, even if this person is yourself.

—Martha Reed

Raise the bar. Don't duck under it.

—Peter James West

Optimism is the faith that leads to achievement, nothing can be done without hope and confidence.

—Helen Keller

Don't limit yourself. Many people limit themselves to what they think they can do. You can go as far as your mind lets you. What you believe, you can achieve.

—Mary Kay Ash

The greatest pleasure in life is doing what people say can't be done.

--Northern Trust
Business Banking
Advertisement

If you can find a path with no obstacles, it probably doesn't lead anywhere.

--Frank A. Clark

Perfectionism is simply putting a limit on your future. When you have an idea of perfect in your mind, you open the door to constantly comparing what you have now with what you want. That type of self criticism is significantly deterring.

--John Eliot

But the only way of discovering the limits of the possible is to venture a little way past them into the impossible.

—Arthur C. Clarke

Having an aim is the key to achieving your best.

—Henry J. Kaiser

This became a credo of mine...attempt the impossible in order to improve your work.

—Bette Davis

Failure to hit the bull's-eye is never the fault of the target. To improve your aim improve yourself.

—Gilbert Arland

Make no little plans; they have no magic to stir men's blood and probably will themselves not be realized. Make big plans; aim high in hope and work, remembering that a noble, logical diagram once recorded will not die.

—Daniel H. Burnham

This life's hard, man, but it's harder if you're stupid!

—Steven Keats
in *The
Friends of
Eddie Coyle*

Self-image sets the boundaries of individual accomplishment.

—Maxwell Maltz

Don't let what you can't do stop you from doing what you can do.

—John Wooden

The will to win, the desire to succeed, the urge to reach your full potential... these are the keys that will unlock the door to personal excellence.

—Confucius

Always do more than is required of you.

—George Patton

Nothing recedes like progress.

—e. e. cummings

Nothing will work unless you do.

—Maya Angelou

Almost everything that is great has been done by youth.

--Benjamin Disraeli

It is clear from all these data that the interests of teenagers are not focused around studies, and that scholastic achievement is at most of minor importance in giving status or prestige to an adolescent in the eyes of other adolescents.

--James S. Coleman

Unless a tree has borne blossoms in spring, you will vainly look for fruit on it in autumn.

—Walter Scott

The pressure to succeed in high school is all too familiar to me. I distinctly remember being a freshman in high school, overwhelmed by the belief that my GPA over the next four years would make or break my life. My daily thought process was that every homework assignment, every project, every test could be the difference. The difference between a great college and a mediocre college. The difference between success and failure. The difference between happiness and misery...I felt the pressure coming from all around me—my parents, my peers, and worst of all, myself. I felt that I had one shot at high school and that my GPA, SAT score, and college applications were the only barometers of my success.

—Jeremy Lin

Good habits formed at youth make all the difference.

—Aristotle

I wish I were with some of the wild people that run in the woods, and know nothing about accomplishments!

—Joanna Baillie

In their landmark survey of single parenthood, Sara McLanahan and Gary Sandefur showed that children in single-parent homes do not do as well as children who are living with both biological parents. They are more likely to have trouble in school, more likely to drop out of school and, later, more likely to become single parents themselves. Some of this is simply the fact that unstable people are more likely to become single parents and also more likely to have difficulty parenting. But even the children of widows and widowers do worse on many measures than children of intact homes—a problem that was recognized back in the 19th century, when disease and work accidents frequently carried off parents in their prime. Something about living with only one parent holds kids back. That ‘something’...is fewer resources. The Internet overflows with essays on the resourcefulness, grit, and sheer heroism of single parents who manage to be ‘both mother and father’ to their children. But while we should have nothing but admiration for people who do their best in a bad situation, we should still recognize that for the child, and often for the parent, it’s a bad situation.

--Megan McArdle

Each time someone commented on how I’m always in a good mood or smiling, I felt more and more like a phony. If only they knew that, behind closed doors, I cried and crumbled under unrealistic expectations set not by peers or professors, but by me.

--Deborah Spar

If you plan on being anything less than you are capable of being, you will probably be unhappy all the days of your life.

—Abraham Maslow

Even without comparing ourselves to the world’s greatest, we set such high standards for ourselves that neither we nor anyone else could ever meet them—and nothing is more destructive to creativity than this. We fail to realize that mastery is not about perfection. It’s about a process, a journey. The master is the one who stays on the path day after day, year after year. The master is the one who is willing to try, and fail, and try again, for as long as he or she lives.

—George Leonard

There is no correlation between homework and achievement. According to a 2005 study by the Penn State professors Gerald K. LeTendre and David P. Baker, some of the countries that score higher than the U.S. on testing in the *Trends in International Mathematics and Science Study*—Japan and Denmark, for example—give less homework, while some of those scoring lower, including Thailand and Greece, assign more. Why pile on the homework if it doesn't make even a testable difference, and in fact may be harmful?

--Karl Taro Greenfeld

The truth, as many American teachers know firsthand, is that low-income children can be harder to educate than children from more comfortable backgrounds. Educators often struggle to motivate them, to calm them down, to connect with them. This doesn't mean they're impossible to teach, of course; plenty of kids who grow up in poverty are thriving in the classroom. But two decades of national attention have done little or nothing to close the achievement gap between poor students and their better-off peers.

—Paul Tough

Character matters. Researchers concerned with academic-achievement gaps have begun to study, with increasing interest and enthusiasm, a set of personal qualities—often referred to as noncognitive skills, or character strengths—that include resilience, conscientiousness, optimism, self-control, and grit. These capacities generally aren't captured by our ubiquitous standardized tests, but they seem to make a big difference in the academic success of children, especially low-income children.

—Paul Tough

Since the real purpose of education is not to have the instructor perform certain activities but to bring about significant changes in the student's pattern of behaviour, it becomes important to recognize that any statements of objectives of the school should be a statement of changes to take place in the students.

—Ralph Tyler (1949)

The ones who want to achieve and win championships motivate themselves.

—Mike Ditka

If you keep on doing what you've always done, you'll keep on getting what you've always got.

—W. L. Bateman

Half the people in the world are below average.

—Unknown

Don't say you don't have enough time. You have exactly the same number of hours per day that were given to Helen Keller, Pasteur, Michaelangelo, Mother Teresa, Leonardo da Vinci, Thomas Jefferson, and Albert Einstein.

—H. Jackson Brown

I arise full of eagerness and energy, knowing well what achievement lies ahead of me.

—Zane Grey

There's a growing consensus that the most important input toward student achievement is child poverty and all the factors that go along with it. Unless and until we recommit ourselves to ending child poverty and reducing inequality, not just in schools but in families and communities, I don't see us reinventing ourselves. We can't put the cart before the horse. We've spent too long at this point saying, 'If we improve schools we'll erase poverty.' I think it's really time to try the other way around.

—Anya Kamenetz

There is only one failure in life, and that is not to be true to the best one knows.

—George Eliot

Those who promote ability grouping, special education, gifted programs, and the myriad other homogeneous instructional groups in schools claim that these classifications are objective and color blind, rather than, as Goodlad suggests, reflecting myths and prejudices. Advocates of grouping explain the disproportionate classification of white students as gifted or advanced and of students of color as slow or basic as the unfortunate consequence of different backgrounds and abilities. They base their claims of objectivity on century-old (and older) explanations of differences that are neither scientific nor bias-free.

Both students and adults mistake labels such as 'gifted,' 'honors student,' 'average,' 'remedial,' 'LD' and 'MMR' for certification of overall ability or worth. These labels teach students that if the school does not identify them as capable in earlier grades, they should not expect to do well later. Everyone without the 'gifted' label has the de facto label of 'not gifted.' The resource classroom is a low status place and students who go there are low status students. The result of all this is that most students have needlessly low self-concepts and schools have low expectations. Few students or teachers can defy those identities and expectations. These labeling effects permeate the entire school and social culture.

—Jeannie Oakes and
Martin Lipton

The greatest productive force is human selfishness.

—Robert A. Heinlein

Parental attitudes have greater correlation with pupil achievement than material home circumstances or variations in school and classroom organization, instructional materials, and particular teaching practices.

*--Central Advisory
Council for
Education*

Today's students can put dope in their veins or hope in their brains. If they can conceive it and believe it, they can achieve it. They must know it is not their aptitude but their attitude that will determine their altitude.

—Jesse Jackson

American high school students trail teenagers from 14 European and Asian countries in reading, math and science. We're even trailing France.

—Suzanne Fields

I loved statistics from a young age. And I studied very much in Sweden. I used to be in the upper quarter of all courses I attended. But in St. John's, I was in the lower quarter. And the fact was that Indian students studied harder than we did in Sweden. They read the textbook twice, or three times or four times.

—Hans Rosling

The compulsive overachievement of today's elite college students—the sense that they need to keep running as fast as they can—is not the only thing that keeps them from forming the deeper relationships that might relieve their anguish. Something more insidious is operating, too: a resistance to vulnerability, a fear of looking like the only one who isn't capable of handling the pressure. These are young people who have always succeeded at everything, in part by projecting the confidence that they always will. Now, as they get to college, the stakes are higher and the competition fiercer. Everybody thinks that they are the only one who's suffering, so nobody says anything, so everybody suffers. Everyone feels like a fraud; everybody thinks that everybody else is smarter than they are.

—William Deresiewicz

A bird is safe in its nest—but that is not what its wings are made for.

—Amit Ray

There is a real magic in enthusiasm. It spells the difference between mediocrity and accomplishment.

—Norman Vincent Peale

1. The more you read, the more you know;
2. the more you know, the smarter you grow;
3. the smarter you are, the longer you stay in school and the more diplomas you earn;
4. the more diplomas you have, the more days you are employed;
5. the more diplomas you have, the more your children will achieve in school;
6. and the more diplomas you have, the longer you will live.

The converse, therefore, would also be true:

1. The less you read, the less you know;
2. the less you know, the sooner you drop out of school;
3. the sooner you drop out, the sooner and longer you will be unemployed;
4. the sooner you drop out, the greater your chances of going to jail.

--Jim Trelease

If you'd like to be good at something, the first thing to go out the window is the notion of perfection. Obsessing about perfection stops you from growing. You stop taking chances, which means you stop learning. I don't want to be perfect. I want to be useful.

--Scott Berkun

What I've become convinced of is that nice guys and gals really do finish last.

—Adam Grant

It isn't the incompetent who destroy an organization. It is those who have achieved something and want to rest upon their achievements who are forever clogging things up.

—Charles Sorenson

There is no force equal to a woman determined to rise.

—W. E. B. Dubois

The government alone can't teach our kids to learn...children can't achieve unless we raise their expectations and turn off the television sets and eradicate the slander that says a black youth with a book is acting white.

—Barack Obama

The best way to fight poverty is with a weapon loaded with ambition.

--Septima Clark

They do not easily rise whose abilities are repressed by poverty at home.

—Juvenal

The only worthwhile achievements of man are those which are socially useful.
--Dr. Alfred Adler

Money is a stupid measure of achievement but unfortunately it is the only universal measure we have.
--Charles P. Steinmetz

Curiosity is the engine of achievement.
—Ken Robinson

Restlessness and discontent are the first necessities of progress.
—Thomas A. Edison

Stop thinking in terms of limitations and start thinking in terms of possibilities.
—Terry Josephson

Men equate their self-esteem with accomplishment.
—Barbara De Angelis

We all know that girls who compete in sports perform better in school, are physically healthier and have a stronger self-esteem.
—Louise Slaughter

Children who are without parental guidance and care before and after school are twice as likely as children with care to be users of alcohol. The same relationship holds true for smoking behavior and for marijuana behavior... There also is a strong predictive [link between] a child's friend using drugs—cigarettes, alcohol, marijuana—and that child's risk for subsequent use.... One of the best protective factors to help a child ward off drugs is achievement and motivation—being successful in school.
—Dr. William Bukowski

Problems are the price you pay for progress.
--Branch Rickey

Progress always involves risk; you can't steal second base and keep your feet on first.
--Frederick Wilcox

I tell you that as long as I can conceive something better than myself I cannot be easy unless I am striving to bring it in to existence or clearing the way for it.
--George Bernard Shaw

There are no shortcuts to life; hard work is the only way to go. Strive to be the best you can be and remember that when you try your best, you can't ask any more from yourself and people can't ask any more from you.

--Michael Chang

God gives every bird his worm, but he does not throw it into the nest.

--Swedish Proverb

The great danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.

—Michelangelo

Plough deep while sluggards sleep.

--Benjamin Franklin

'I have done my best.' That is about all the philosophy of living one needs.

--Lin Yutang

I hope that my achievements in life shall be these—that I will have fought for what was right and fair, that I will have risked for that which mattered, and that I will have given help to those who were in need that I will have left the earth a better place for what I've done and who I've been.

—Art Hoppe

Let us carefully observe those good qualities wherein our enemies excel us; and endeavor to excel them, by avoiding what is faulty, and imitating what is excellent in them.

—Plutarch

Excellence means when a man or woman asks of himself more than others do.

—Jose Ortega y Gasset

The law (of least effort) asserts that if there are several ways of achieving the same goal, people will eventually gravitate to the least demanding course of action. In the economy of action, effort is a cost, and the acquisition of skill is driven by the balance of benefits and costs. Laziness is built deep into our nature.

—Daniel Kahneman

I think when you begin to think of yourself as having achieved something, then there's nothing left for you to work towards. I want to believe that there is a mountain so high that I will spend my entire life striving to reach the top of it.

—Cicely Tyson

The essence of being human is that one does not seek perfection.

—George Orwell

We aren't born into lives that matter but have to achieve them. Such an endeavor demands a great deal of individual striving, because what counts is nothing less than outstanding accomplishments.

—Rebecca Newberger
Goldstein

There are those who are so scrupulously afraid of doing wrong that they seldom venture to do anything.

--Vauvenargues

If you wait to do everything until you're sure it's right, you'll probably never do much of anything.

—Win Borden

Nothing would be done at all if a man waited until he could do it so well that no one could find fault with it.

--Cardinal Newman

Procrastination is a side effect of perfectionism. Afraid that we cannot do something perfectly, we hang back from trying at all. Often we call procrastination laziness, but it is not laziness. It is fear. As we learn to dismantle our perfectionism, we find ourselves free to move ahead. Our procrastination yields to baby steps in the direction of our dreams.

—Julia Cameron and
Emma Lively

A primary reason people don't do new things is because they want to do them perfectly—first time. It's completely irrational, impractical, not workable—and yet, it's how most people run their lives. It's called *The Perfection Syndrome*.

—John-Roger and Peter
McWilliams

You don't have to see the whole staircase, just take the first step.

—Martin Luther
King, Jr.

If I have seen further than others, it is by standing on the shoulders of giants.

--Isaac Newton

The best preparation for good work tomorrow is to do good work today.
--Elbert Hubbard

Do your work with your whole heart and you will succeed—there is so little competition!
--Elbert Hubbard

The secret of joy in work is contained in one word—excellence. To know how to do something well is to enjoy it.
--Pearl Buck

You limit your options every time you don't try your best.
—Stacy London

You're not going to get very far in life based on what you already know. You're going to advance in life by what you're going to learn after you leave here [college].
—Charlie Munger

There is a calculated risk in everything. There has been a calculated risk in every stage of American development. The nation was built by men who took risks—pioneers who were not afraid of the wilderness, brave men who were not afraid of failure, scientists who were not afraid of truth, thinkers who were not afraid of progress, dreamers who were not afraid of action.
--Brooks Atkinson

What and how much had I lost by trying to do only what was expected of me instead of what I myself had wished to do? What a waste, what a senseless waste.
--Ralph Ellison

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.
--George Bernard Shaw

Women in general want to be loved for what they are and men for what they accomplish.
—Theodor Reik

I want to be worthy of respect because I excel at what I do.
--Hilary Lindh

All progress has resulted from people who took unpopular positions.
--Adlai Stevenson

The race advances only by the extra achievements of the individual. You are the individual.

--Charles Towne

There was a time in our schools when teachers and administrators seemed quite insensible to the fact that children differed in ability, aptitude, interests, and therefore in achievement. If a pupil did not learn well, it was assumed that this was a sign that he was lazy and the way to cure that was by application of the rod. Today we know that children do differ in almost every conceivable way and that these individual differences, very large in some cases, have much to do with school achievement as well as personal adjustment, and success in school as well as out. Modern tests and testing procedures have done much to bring out the fact of such differences and to quantify them. That is, tests not only reveal that the differences exist but also tell us their extent or size.

—J. Wayne Wrightstone

Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.

—John Wooden

My mother drew a distinction between achievement and success. She said that ‘achievement is the knowledge that you have studied and worked hard and done the best that is in you. Success is being praised by others, and that’s nice, too, but not as important or satisfying. Always aim for achievement and forget about success.’

—Helen Hayes

The single biggest predictor of high academic achievement and high ACT scores is reading to children. Not flash cards, not workbooks, not fancy preschools, not blinking toys or computers, but Mom or Dad taking the time every day or night (or both) to sit and read them wonderful books.

—*First Grade Fun Times*

Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.

—Albert Einstein

Girls are more academically powerful. They make the grades, they run the student activities, they are the valedictorians.

—Christina Hoff
Sommers

Show me someone content with mediocrity, and I'll show you somebody destined for failure.

--Johnetta Cole

Occasional failure is the price of improvement.

--Unknown

Nature gave men two ends—one to sit on and one to think with. Ever since then man's success or failure has been dependent on the one he used most.

--George R. Kirkpatrick

While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior.

--Henry C. Link

For too many parents and their children, acceptance by an elite institution isn't just another challenge, just another goal. A yes or no from Amherst or the University of Virginia or the University of Chicago is seen as the conclusive measure of a young person's worth, an incontestable harbinger of the accomplishments or disappointments to come. Winner or loser: This is when judgement is made.

—Frank Bruni

Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! How much you can love! What you can accomplish! And what your potential is!

--Anne Frank

The spirit of self-help is the root of all genuine growth in the individual; and, exhibited in the lives of many, it constitutes the true source of national vigor and strength. Help from without is often enfeebling in its effects, but help from within invariably invigorates.

--Samuel Smiles

The individual who can do something that the world wants done will, in the end, make his way regardless of his race.

--Booker T. Washington
(1856-1915)

Our elevation must be the result of self-efforts and work of our own hands. No other human power can accomplish it. If we but determine it shall be so, it will be so.

--Martin R. Delany

I have discovered in life that there are ways of getting almost anywhere you want to go, if you really want to go.

--Langston Hughes

ON PARENTS

I bring home my test
proud of my B
'You could do better'
is what they say to me
I jump and run
let out a screech
They say 'act your age'
along with a speech
After my game
I sit down and rest
All they could say was
'you didn't try your best'
They expect of me
what I cannot give
And are constantly telling me
how to live
I'm only thirteen
I'm supposed to act wild
But dad says 'he wasn't
when he was a child'
Now living with them
is kind of tough
Especially when nothing
is ever good enough.

--Robert Ricken

It would be against all nature for all the Negroes to be either at the bottom, top, or in between....We will go where the internal drive carries us like everybody else. It is up to the individual.

--Zora Neale Hurston

What the small boy needs to know is that there are men in this world who are like him, black men, African-American men, who read and write and find the whole process of academics something valuable....The epidemic of academic failure in the African-American male population is not going to stop unless we, African-American men, begin to do the job that we can do.

--Spencer Holland

The whole gangster mentality, it's killing our youth. Black males, we're really just choking ourselves with this whole macho shit, where you can't show any tenderness, no vulnerability, no nothing. You have to be granite, 100 percent. And that's just not natural. And another thing: you have a hundred thousand black kids across this country failing class's on purpose because of peer pressure. And if you speak proper English, and you get straight A's in school, then you're considered a white boy or a white girl. But if you're hanging on the corner, scratching your nuts, drinking, then you're down. So, you know, the whole value system is fucked up; ignorance is being championed over intelligence.

--Spike Lee

Excellence is the best deterrent to racism or sexism.

--Oprah Winfrey

Why are so many Asian kids good at math and achieve so much?...It's not genetic, it's not in the rice! It's about hard work.

--Amy Chua

We know that too many young men in our community continue to make bad choices. Growing up, I made a few myself. And I have to confess, sometimes I wrote off my own failings as just another example of the world trying to keep a black man down. But one of the things you've learned over the last four years is that there's no longer any room for excuses. I understand that there's a common fraternity creed here at Morehouse: 'excuses are tools of the incompetent, used to build bridges to nowhere and monuments of nothingness.' We've got no time for excuses—not because the bitter legacies of slavery and segregation have vanished entirely; they haven't. Not because racism and discrimination no longer exist; that's still out there. It's just that in today's hyperconnected, hyper-competitive world, with a billion young people from China and India and Brazil entering the global workforce alongside you, nobody is going to give you anything you haven't earned. And whatever hardships you may experience because of your race, they pale in comparison to the hardships previous generations endured—and overcame.

You now hail from a lineage and legacy of immeasurably strong men—men who bore tremendous burdens and still laid the stones for the path on which we now walk. You wear the mantle of Frederick Douglass and Booker T. Washington, Ralph Bunche and Langston Hughes, George Washington Carver and Ralph Abernathy, Thurgood Marshall and yes, Dr. King. These men were many things to many people. They knew full well the role that racism played in their lives. But when it came to their own accomplishments and sense of purpose, they had no time for excuses.

--Barack Obama

Accomplishments have no color.

—Leontyne Price

What are some possible explanations for such extraordinary performance by Asian Americans? Several come readily to mind, but certainly require further exploration:

- Parents who value their children's education so much that they inculcate the centrality of that education in to every aspect of their everyday lives.
- Parents who actively monitor and supplement what the schools teach their children.
- Parents, and therefore children, who believe that academic effort and hard work are rewarded with accomplishment.
- Parents, and therefore students, who support the schools.
- Parents, and therefore students, who believe in taking the most challenging courses in the greatest numbers.

—Daniel B. Taylor

During my eleven years as a New York City public school teacher, I saw firsthand the impact that poverty has on the classroom. In low-income neighborhoods like Sunset Park, where I taught, students as young as five years old enter school affected by the stresses often created by poverty: domestic violence, drug abuse, gang activity.

—Sal Albanese

We know that math ability is universal, and interest in math is spread pretty much equally through the population, and we see there are almost no low-income, high-performing math students. So we know that there are many, many students who have the potential for high achievement in math but who have not had opportunity to develop their math minds, simply because they were born to the wrong parents or in the wrong zip code.

—Daniel Zaharopol

Most of the people at the top were always going to be the people at the top—they had uncomplicated access to opportunities that women and people of color and other minorities simply don't.

—Rob Markman

The quality of a person's life is in direct proportion to their commitment to excellence, regardless off their chosen field of endeavor.

--Vince Lombardi

I am in competition with no one. I have no desire to play the game of being better than anyone. I'm simply trying to be better than the person I was yesterday.

—*RawForBeauty.com*

Imagine if you had genuine, high-quality early-childhood education for every child, and suddenly every black child in America...is getting a really good education. And they're graduating from high school at the same rates that whites are, and they are going to college at the same rates that whites are, and they are able to afford college at the same rates because the government has universal programs that say that you're not going to be barred from school just because of how much money your parents have.

So now they're all graduating. And let's also say that the Justice Department and the courts are making sure, as I've said in a speech before, that when Jamal sends his résumé in, he's getting treated the same as when Johnny sends his résumé in. Now, are we going to have suddenly the same number of CEOs, billionaires, etc., as the white community? In 10 years? Probably not, maybe not even in 20 years.

But I guarantee you that we would be thriving, we would be succeeding. We wouldn't have huge numbers of young African American men in jail. We'd have more family formation as college-graduated girls are meeting boys who are their peers, which then in turn means the next generation of kids are growing up that much better. And suddenly you've got a whole generation that's in a position to start using the incredible creativity that we see in music, and sports, and frankly even on the streets, channeled into starting all kinds of businesses. I feel pretty good about our odds in that situation.

—Barack Obama

Striving for perfection in mind, body and spirit is a Korean way of life, and the cult of endless self-improvement begins as early as the hagwons, cram schools that keep the nation's children miserable and sleep-deprived, and sends a sizable portion of the population under the plastic surgeon's knife.

—Gary Shyteyngart

We gain nothing by being with such as ourselves: we encourage each other in mediocrity. I am always longing to be with men more excellent than myself.

--Charles Lamb

This I believe. I believe that we are brought into life for a purpose, and that this purpose is improvement. That is the law of nature. Improvement means mental and physical fitness. Without these, we are discarded.

--Edward R. Murrow

Growth is the only evidence of life.

--Cardinal Newman

Recent psychology research has found that dressing more formally actually makes people think differently. When people dress up they feel more powerful, and this allows them to make better decisions....Dressing in what you perceive to be the clothing of the most well-regarded and competent person for a role will have a psychological effect on you, allowing you to actually perform as a more competent person in that role.

—Peter Harris

Happiness lies not in the mere possession of money; it lies in the joy of achievement, in the thrill of creative effort.

--Franklin D. Roosevelt

There are only two roads that lead to something like human happiness. They are marked by the words: love and achievement....In order to be happy oneself it is necessary to make at least one other person happy....The secret of human happiness is not in self-seeking but in self-forgetting.

--Theodore Reik

If you look for perfection, you'll never be content.

—Leo Tolstoy

Do you want my one-word secret of happiness—it's growth--mental, financial, you name it.

—Harold S. Geneen

If you want to live a happy life, tie it to a goal. Not to people or things.

—Albert Einstein

There are some achievements which are never done in the presence of those who hear of them. Catching salmon is one, and working all night is another.

—Anthony Trollope

Lord, bless me with the ability to achieve all that I can, and the wisdom to realize it doesn't all have to be by tomorrow!

—William Eardley, IV

We are motivated by a keen desire for praise, and the better a man is the more he is inspired by glory. The very philosophers themselves, even in those books which they write in contempt of glory, inscribe their names.

—Marcus Tullius Cicero

If one has not given everything, one has given nothing.

—Georges Guynemer

In all human affairs there are efforts, and there are results, and the strength of the effort is the measure of the result.

—James Allen

Achieve success in any area of life by identifying the optimum strategies and repeating them until they become habits.

—Charles J. Givens

Not by physical force, not by bodily swiftness and agility, are great things accomplished, but by deliberation, authority, and judgment—qualities with which old age is abundantly provided.

—Cicero

Nothing is less worthy of honor than an old man who has no other evidence of having lived long except his age.

--Seneca

Do not measure a man's life by the years he has lived, but by what he has contributed in those years.

--Thomas Jefferson

When you are sixty-five, you have proven yourself already or you have not. It does not matter any more. We are no longer on the make.

--S. I. Hayakawa

It is better to be a has-been than a never-was.

--Cecil Parkinson

Don't try to live forever —You can't! But you can do things that will live forever.

—Unknown

You have to face reality as it is and you have to face age as it is, and you have to go on and find new motivations in your life and new achievements to be able to survive.

—Sophia Loren

If you had to identify, in one word, the reason why the human race has not achieved, and never will achieve, its full potential, that word would be 'meetings.'

—Dave Barry

Above all else, never think you're not good enough.

—Anthony Trollope

Already an accomplished inventor, John Goodenough made headlines earlier this year when he led a team that achieved a big breakthrough: a low-cost, all solid-state battery that could power the next generation of electric cars. Also getting attention is Goodenough's age. He's 94 years old, which belies the assumption that inventive people do their greatest work in their youth.

—*AARP Bulletin*

Never retreat. Never explain. Get it done and let them howl.

—Benjamin Jowett

In the Postwar Era, advertisements and TV shows often painted a clear vision of the ideal American life: you get married, buy a home, find a 'good' job, and build a 'normal' life—generally in that order. And to achieve these goals, you put your head down and worked hard.

The counterculture revolution of the 1960s helped ignite a greater interest in achievements beyond material possessions—as well as a movement toward personal expression, meaning, and truth. With that heightened awareness, though, there was still a desire to show the world we had 'made it.' Whether it was taking a vacation, buying our first home, or starting a landscaping business, we kept people in the loop by sending postcards, having housewarming parties, or buying newspaper ads. We had realized our ambitions—and we didn't mind showing it.

—*Synchrony Financial*

To accomplish great things, we must not only act, but also dream; not only plan, but also believe.

—Anatole France

An ounce of performance is worth pounds of promises.

—Mae West

Have you noticed how the cleverest people at school are not those who make it in life?

People who are conventionally clever get jobs on their qualifications (the past), not on their desire to succeed (the future).

Very simply, they get overtaken by those who continually strive to be better than they are.

—Paul Arden

Despite the chasm between what students learn and what workers do, academic success is a strong signal of worker productivity.

—Bryan Caplan

The Negro baby born in America today, regardless of the section or the state in which he is born, has about one-half as much chance of completing a high school as a white baby, born in the same place, on the same day; one-third as much chance of completing college; one-third as much chance of becoming a professional man; twice as much chance of becoming unemployed; about one-seventh as much chance of earning \$10,000 a year; a life expectancy which is seven years shorter and the prospects of earning only half as much.

--John F. Kennedy

Black Americans who attended schools integrated by court order were more likely to graduate, go on to college, and earn a degree than black Americans who attended segregated schools. They made more money: five years of integrated schooling increased the earnings of black adults by 15 percent. They were significantly less likely to spend time in jail. They were healthier.

--Nikole Hannah-Jones

The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.

—Anna Quindlen

The educational resources provided by a child's fellow students are more important for his achievement than are the resources provided by the school board.

—James S. Coleman

Extensive research has conclusively demonstrated that children's social class is one of the most significant predictors—if not the single most significant predictor—of their educational success. Moreover, it is increasingly apparent that performance gaps by social class take root in the earliest years of children's lives and fail to narrow in the years that follow. That is, children who start behind stay behind—they are rarely able to make up the lost ground.

—*Economic Policy
Institute*

Worth begets in base minds, envy; in great souls, emulation.

—Henry Fielding

He who would learn to fly one day must first learn to stand and walk and run and climb and dance; one cannot fly into flying.

—Friedrich Nietzsche

Excellence is the gradual result of always striving to do better.

—Pat Riley

The reward of great men is that, long after they have died, one is not quite sure that they are dead.

—Jules Renard

Progress is made by lazy men looking for easier ways to do things.

--Robert A. Heinlein

Give me a stock clerk with a goal and I'll give you a man who will make history.
Give me a man with no goals and I'll give you a stock clerk.

—J. C. Penney

We don't grow unless we take risks. Any successful company is riddled with failures.

—James E. Burke

Enthusiasm is the great hill-climber.

—Elbert Hubbard

I have always believed that 98% of a student's progress is due to his own efforts, and 2% to his teacher.

—John Philip Sousa

If you can't excel with talent, triumph with effort.

—Stephen G. Weinbaum

One of the greatest resources people cannot mobilize themselves is that they try to accomplish great things. Most worthwhile achievements are the result of many little things done in a single direction.

—Nido Qubein

The world is all gates, all opportunities, strings of tension waiting to be struck.

—Ralph Waldo Emerson

I belonged to a...generation that believed in getting ahead through merit, and we defined merit in a straightforward way: test scores, grades, competitive résumé-stuffing, supremacy in board games and pickup basketball, and, of course, working for our keep. For me that meant taking on chores for the neighbors, punching the clock at a local fast-food restaurant, and collecting scholarships to get through college and graduate school. I came into many advantages by birth, but money was not among them.

—Matthew Stewart

- The number of books in a home is a significant predictor of academic achievement.
- Little more than one-third of high school seniors now read proficiently.
- Voluntary readers are better readers and writers than non-readers.
- Children and teenagers who read for pleasure on a daily or weekly basis score better on reading tests than infrequent readers.
- Frequent readers also score better on writing tests than non-readers or infrequent readers.

—Sunil Iyengar
 Director, Research
 & Analysis
 National
 Endowment for the
 Arts

Nothing one achieves lasts forever.

—Tahar Ben Jelloun

There are three classes of intellects: one which comprehends by itself; another which appreciates what others comprehend; and a third which neither comprehends by itself nor by the showing of others; the first is the most excellent, the second is good, and the third is useless.

—Niccolo Machiavelli

What is opportunity, and when does it knock? It never knocks. You can wait a whole lifetime, listening, hoping, and you will hear no knocking. None at all. You are opportunity, and you must knock on the door leading to your destiny. You prepare yourself to recognize opportunity, to pursue and seize opportunity as you develop the strength of your personality, and build a self-image with which you are able to live / with your self-respect alive and growing.

—Maxwell Maltz

Few men during their lifetime come anywhere near exhausting the resources dwelling within them. There are deep wells of strength that are never used.

—Richard Evelyn Byrd

Comparing yourself with others is not an acceptable gauge to measure your own progress.

—Francisco Gella

Nobody can decide for himself whether he is going to be a human being. The only question open to him is whether he will be an ignorant undeveloped one or one who has sought to reach the highest point he is capable of attaining.

—Robert Maynard
Hutchins

Don't wish for it. Work for it.

—*www.lifehack.org*

You don't just luck into things as much as you would like to think you do. You build step by step, whether it is friendships or opportunities.

—Barbara Bush

Celebrate where you are and what you have accomplished, but never become complacent. The pursuit of being where you ultimately need and want to be is a never-ending journey.

—Eric Sheninger

Language is the single best predictor of school achievement, and the key to strong language skills are those back-and-forth fluent conversations between young children and adults.

—Kathy Hirsh-Pasek

Life is sort of like a competition, whether it's in sports, or it's achieving in school, or it's achieving good relationships with people.

—Sanford I. Weill

It doesn't matter if you don't understand everything. The important thing is that you keep moving, that you constantly keep reading a little bit more, a little bit more ... And then one day, without even realising it, you'll end up understanding everything.

—Abdellah Taïa

School is not designed for you and your aspirations. Therefore, you must always be on the lookout for new and exciting ways to learn skills that will aid you on your path toward achieving mastery.

—Chris Erzfeld

My grades are telling me to be a trophy wife. But my looks are telling me to study harder.

—Internet Meme

The strongest principle of growth lies in human choice.

—George Eliot

I do strongly feel that among the greatest pieces of luck for high achievement is ordeal. Certain great artists can make out without it, Titian and others, but mostly you need ordeal. My idea is this: the artist is extremely lucky who is presented with the worst possible ordeal which will not actually kill him. At that point, he's in business: Beethoven's deafness, Goya's deafness, Milton's blindness, that kind of thing.

—John Berryman

The only difference between where you are and where you want to be is the number of steps you haven't taken yet.

—Hayley Solich

You can't achieve major goals with minimal work.

—Rob Liano

Academic failure contributes to poverty and poor health and undermines workforce productivity in ways that harm the entire society.

—Anthony Biglan

If you would not be forgotten, as soon as you are dead and rotten, either write things worth reading, or do things worth the writing.

—Benjamin Franklin

One of the most difficult things everyone has to learn is that for your entire life you must keep fighting and adjusting if you hope to survive. No matter who you are or what your position is you must keep fighting for whatever it is you desire to achieve.

—George Allen

It used to be that cheating was done by the few, and most often they were the weaker students who couldn't get good grades on their own. There was fear of reprisal and shame if apprehended. Today, there is no stigma left. It is accepted as a normal part of school life, and is more likely to be done by the good students, who are fully capable of getting high marks without cheating. 'It's not the dumb kids who cheat,' one Bay Area prep school student told me. 'It's the kids with a 4.6 grade-point average who are under so much pressure to keep their grades up and get into the best colleges. They're the ones who are smart enough to figure out how to cheat without getting caught.'

—Regan McMahon

Nationally, 75 percent of all high school students cheat. But the ones who cheat more are the ones who have the most to lose, which is the honors and AP (advanced placement) students. Eighty percent of honors and AP students cheat on a regular basis....For kids with a very high GPA and very high SAT scores, who have taken a ton of AP classes, what distinguishes them is how perfect they are. So there's no room for any kind of error. And if there's no room for error, you tend to cheat, even though these students would have done just fine on the test. They say they cheat because 'this is my safety net.'

—Denise Pope

The pressure to succeed at all costs has boosted cheating levels in college to record levels also. A graduate of San Francisco's independent Urban School, whom we'll call Ellen, now a junior at the University of Southern California, says, 'Everyone cheats. There is no cushion, so you have to do well; there isn't a choice. In college, there is no room for error. You cannot fail. You refuse to fail. People become desperate, so they'll do anything to do well. That's why people resort to paying others to do their papers. Because you feel: Mess up once and you are screwed. The end.'

Tests are a big part of the grade in college, she says, and those are largely multiple-choice, which were a rude shock to someone coming from a progressive high school. 'It's just memorization,' says Ellen. 'I came from Urban, where I was taught to bask in the glory of learning something, not to just sit down the night before with a bunch of kids on Adderall and go through the 30-page study guide and memorize as much as I can. And you can say that taking a drug to stay up so you can study is another form of cheating.'

—Regan McMahon

...the widespread use by high school and college student of the drugs Adderall and Ritalin, normally prescribed to kids diagnosed with attention deficit disorder. Students without the disorder find them easy to obtain legally (college students often use the phrase 'I'm having a little trouble focusing' at the campus health center to get a prescription) or illegally from students sharing their prescription or selling pills for profit. Ellen says some college students will trade marijuana for Adderall. Pope says use of stimulants is on the rise in high school, and more and more kids are using them to take the SAT. As in the debate over the use of steroids in sports, some students don't feel it's morally wrong—because it's still your brain at work—and are ignoring the health risks of taking a drug not meant for them, with no monitoring of dosage or side effects by a doctor....It was No-Doz and caffeine. Now, especially in the past five years, it has switched to Adderall, Ritalin and illegal stimulants.

A lot of students' philosophy is 'Cheat or be cheated.' So many of their friends are cheating, they figure they'd be a chump not to. 'If you're the one honest kid, you're actually going to get the lower grades or the lower test scores.'

—Denise Pope

Cheating is so common in middle school and high school that after a while ‘you just get used to it. It’s not even a moral issue for high schoolers. Kids have become immune to it.’

A popular method of cheating is networking, which...is ‘the easygoing smart kid gives the answers to some other kid.’

‘There was one time in a science class in freshman year when I was networking with some other girl and we didn’t get caught. We both got A’s. It was a great feeling, actually, I’d have to say with no regret, mainly because I knew I would never have to use that information ever again.

Technology is a catalyst, but text-message cheating is big because the cheaters are sending out the message. Some people keep their integrity, but some fall into the trap when it’s suggested.

—Pirouz Mehmandoust,
High School
Student

One of the most disturbing trends is that behavior once considered cheating is no longer thought to be so. Copying homework, for example. An eighth-grader in private school says, ‘That’s not cheating, it’s helping.’

—Regan McMahon

We call it the morning scramble. In the morning at a high school, you see a ton of kids sitting around copying each other’s homework. Because a percentage of their grade is based on their turning in their homework. And a lot of these kids are doing so many classes and after-school activities that there’s no way they could possibly do all the work required of them. So kids don’t even count that as cheating. That’s just sort of survival for them: divvying up the work. That’s why they’re IM-ing (instant messaging) all the time while they’re doing homework. It’s another way of divvying up the work. It’s a way of ensuring that you get it done. It doesn’t matter how you do it, just get it done and get it in.

—Denise Pope

I Will Have High Expectations for My Kids.

The expectations a parent holds for their kids have a huge effect on their attainment. For example, parents who regularly frame college or post-high school training seemed to guide their child toward that goal irrespective of their income and other assets.

This falls in line with the Pygmalion Effect, which states, ‘what one person expects of another can come to serve as a self-fulfilling prophecy.’

—David Larson

THE PURPOSE OF GRADES

There are many purposes for using grades in the school program. Grades provide incentives to learn for many students. Most students are motivated to attain the highest grades and to receive the recognition that often accompanies such grades, and they are motivated to avoid the lowest grades and the negative outcomes that sometimes are associated with those grades. Grades also provide information to students for self-evaluation, for analysis of strengths and weaknesses, and for creating a general impression of academic promise, all of which may enter into educational planning. Finally, grades are used to communicate students' performance levels to others who want to know about past achievement or want to forecast future academic success. Teachers in subsequent classes use grades in these ways. The most recognized purpose of grades, however, is to communicate the achievement status of students to their parents. The grade, then, symbolizes the extent to which a student has attained the important instructional goals of the reporting period for which the grade is assigned.

—Dan L. Miller

GRADING ON THE CURVE

The curve referred to in the name of this method is the normal, bell-shaped curve that is often used to describe the achievements of individuals in a large heterogeneous group. The idea behind this method is that the grades in a class should follow a normal distribution, or one nearly like it. Under this assumption, the teacher determines the percentage of students who should be assigned each grade symbol so that the distribution is normal in appearance. For example, the teacher may decide that the percentages of A through F grades in the class should be distributed as follows:

6% of the students will receive an A
22% of the students will receive an B
44% of the students will receive an C
22% of the students will receive an D
6% of the students will receive an F

Grading on the curve is a simple method to use, but it has serious drawbacks. The fixed percentages are nearly always determined arbitrarily, and the percentages do not account for the possibility that some classes are superior and others are inferior relative to the phantom 'typical' group the percentages are intended to represent. Grading on a curve also takes all incentive away from lower-performing students. They soon realize that their grades have little to do with how well they master

course content. They must 'beat' higher-performing students to succeed. No matter how hard they work, their performance will always be evaluated relative to that of higher-performing students.

The use of the normal curve to measure student achievement in a single classroom is simply inappropriate and is not to be used.

—Dan L. Miller

SUMMER READING/SUMMER FUN

Educational research has demonstrated that students who engage in no academic pursuits during the summer months actually regress and lose learning. These students then experience a 'catch up' period of time when they return to school in the fall. It is very important, therefore, that students participate in some type of summer reading program during the long layoff from school. All public libraries offer excellent summer reading programs for young people. These programs are fun, they provide incentives for reading and they get young people into the library on a regular basis. Our students in grades 2-8 also have extensive reading lists of books that are best suited to their reading levels. It would be very good for them to continue reading books from their reading lists over the summer by checking books out of the public library.

Whatever parents can do to help students structure their reading over the summer would go a long way toward helping students 'keep up' and avoiding having to 'catch up' once school starts in the fall. Remember, as Mark Twain said, 'The man who does not read good books has no advantage over the man who can't read them.'

—Dan L. Miller

Nothing conceals your laurels as much as resting on them.

—George Hearne

There is only one thing that makes a dream impossible to achieve: the fear of failure.

—Paulo Coelho

Don't let others tell you what you can't do. Don't let the limitations of others limit your vision. If you can remove your self-doubt and believe in yourself, you can achieve what you never thought possible.

—Roy T. Bennett

It is amazing what you can accomplish if you do not care who gets the credit.

—Harry S. Truman

Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it.

—Margaret Thatcher

The harder you fall, the heavier your heart; the heavier your heart, the stronger you climb; the stronger you climb, the higher your pedestal.

—Criss Jami

What the mind can conceive and believe, and the heart desire, you can achieve.

—Norman Vincent Peale

If you keep thinking about what you want to do or what you hope will happen, you don't do it, and it won't happen.

—Desiderius Erasmus

Four steps to achievement: plan purposefully, prepare prayerfully, proceed positively, pursue persistently.

—William A. Ward

Once a musician has enough ability to get into a top music school, the thing that distinguishes one performer from another is how hard he or she works. That's it. And what's more, the people at the very top don't work just harder or even much harder than everyone else. They work much, much harder.

—Malcolm Gladwell

The pretty ones are usually unhappy. They expect everyone to be enamored of their beauty. How can a person be content when their happiness lies in someone else's hands, ready to be crushed at any moment? Ordinary-looking people are far superior, because they are forced to actually work hard to achieve their goals, instead of expecting people to fall all over themselves to help them.

—J. Cornell Michel

Nothing [...] will ever be attempted, if all possible objections must be first overcome.

—Samuel Johnson

Helen Keller became deaf, dumb, and blind shortly after birth. Despite her greatest misfortune, she has written her name indelibly in the pages of the history of the great. Her entire life has served as evidence that no one is ever defeated until defeat has been accepted as reality.

—Napoleon Hill

When you go in search of honey, you must expect to be stung by bees.

—Joseph Joubert

Those who succeed in an outstanding way seldom do so before the age of 40. More often, they do not strike their real pace until they are well beyond the age of 50.

—Napoleon Hill

All men who have achieved great things have been great dreamers.

—Orison Swett Marden

Opportunity doesn't make appointments, you have to be ready when it arrives.

—Tim Fargo

Beware of those who criticize you when you deserve some praise for an achievement, for it is they who secretly desire to be worshiped.

—Suzy Kassem

Human beings are the only ones in nature who are aware that they will die. For that reason and only for that reason, I have a profound respect for the human race, and I believe that its future is going to be much better than its present. Even knowing that their days are numbered and that everything will end when they least expect it, people make of their lives a battle that is worthy of a being with eternal life. What people regard as vanity—leaving great works, having children, acting in such a way as to prevent one's name from being forgotten—I regard as the highest expression of human dignity.

— Paulo Coelho

Every achievement is a servitude. It compels us to a higher achievement.

—Albert Camus

Success is assured when a person fears the pain of regret more than the pain of the process.

—Orrin Woodward

Don't be in a hurry to achieve your dreams. Take a day to play with your kids and relax—your dreams will still be there tomorrow.

—Lindsey Rietzsch

Good is not good, where better is expected.

—Thomas Fuller

Ordinary people achieve extraordinary goals when they put Extra first.

—Francis Shenstone

Look at the tasks you are doing throughout your day and ask yourself if these things are bringing you closer to your goals?

—Richie Norton

Love is the seed of every achievement and every happiness

—Debasish Mridha

We need not compare ourselves to others in order to gauge our success. We need only compare ourselves to the people we used to be.

—J. W. Barlament

To achieve something that you have never achieved before, you must become someone that you have never been before.

—Les Brown

Confidence is the underwear of achievement

—Ibrahim Hanif

Mistakes are the foundation of achievement.

—Steven Magee

The difference between 'wanting' something and 'having' something is 'doing' something.

—Craig D. Lounsbrough

The secret of all great achievement lies in what you do with your time.

—Sunday Adelaja

The best success is defined by happiness not by achievement.

—Debasish Mridha

There is no one or a group that would ever be able to achieve or accomplish anything unique except that they are angry with their situation.

—Sunday Adelaja

Great things in business are never done by one person. They are done by a team of people.

—Steve Jobs

People often overestimate what they can accomplish in one year. But they greatly underestimate what they could accomplish in five years.

—Peter Drucker

Multitasking is actually a hindrance to productivity. Focus on one thing and get it done.

—Del Suggs

If you want to achieve anything you must first see the result in your own mind before it will become a reality.

—Donny Ingram

The reason why most of your goals are probably not achieved is because you do not break down your goals into smaller units of work.

—Sunday Adelaja

The father who has selflessly poured himself into the life of his children may leave no other monument than that of his children. But as for a life well lived, no other monument is necessary.

—Craig D. Lounsbrough

I've never had a moment when I thought: Tom, you've made it!, and I don't think I want to, because that feels like you've reached the end; that you've crossed the finish line. But to me there is no end. An achievement is not a finish line; it's a checkpoint on a far greater journey. It's a moment to pause, to take a breath and look back and enjoy what you've experienced and be grateful for it, but then to turn around and look towards the next checkpoint, the next achievement.

—Tom Fletcher

It is not speed that matters, it's persistence.

—Abhijit Naskar

If you leave your dreams on your pillow, you might as well just stay in bed. To make dreams come true you've got to get up and take action.

—Toni Sorenson

If you're looking for the easy challenge, you're not cut out for success.

—T Jay Taylor

Why kill two birds with one stone? I go for the whole nest. I am not satisfied with my work unless someone's a bloody mess

—Justin Bienvenue

Every achievement worth remembering is stained with the blood of diligence and scarred by the wounds of disappointment.

—Charles Swindoll

In graduate school, early on, I once overheard a classmate talking in her office as I walked by. She didn't know I was there. She was gossiping about me to a group of our classmates & said I was the affirmative-action student...Rationally, I know it was absurd, but hearing how she & maybe others saw me hurt real bad...I stopped joking about being a slacker. I tripled the number of projects I was involved with. I was excellent most of the time. I fell short some of the time. I made sure I got good grades. I made sure my comprehensive exams were solid. I wrote conference proposals & had them accepted. I published. I designed an overly ambitious research project for my dissertation that kind of made me want to die. No matter what I did, I heard that girl, that girl who had accomplished a fraction of a fraction of what I had, telling a group of our peers I was the one who did not deserve to be in our program.

—Roxane Gay

Making a product is just an activity, making a profit on a product is the achievement.

—Amit Kalantri

Schools themselves aren't creating the opportunity gap: the gap is already large by the time children enter kindergarten and does not grow as children progress through school. The gaps in cognitive achievement by level of maternal education that we observe at age 18—powerful predictors of who goes to college and who does not—are mostly present at age 6 when children enter school. Schooling plays only a minor role in alleviating or creating test score gaps.

—Robert D. Putnam

Achievement doesn't come from what we do, but from who we are. Our worldly power results from our personal power. Our career is an extension of our personality. People who profoundly achieve aren't necessarily people who do so much, they're people around whom things get done. Mahatma Gandhi and JFK were great examples of this. Their great achievements lay in all the energy they stirred in other people, the invisible forces they unleashed around them. By touching their own depths, they touched the depths within others. That kind of charisma, the power to affect what happens on the earth, from an invisible realm within is the natural right and function of the son of god. New frontiers are internal ones, the real stretch is always within us. Instead of expanding our ability or willingness to go out and get anything, we expand our ability to receive what is already here for us. Personal power emanates from someone who takes life seriously. The universe takes us as seriously as we take it. There is no greater seriousness than the full appreciation of the power and importance of love. Miracles flow from the recognition that love is the purpose of our career.

—Marianne Williamson

You will achieve nothing if you pursue everything. Be specific and stay focused.
—Israelmore Ayivor

No achievement is too small if it leads to another.
—Kevin J. Donaldson

There is a special sadness in achievement, in the knowledge that a long-desired goal has been attained at last, and that life must now be shaped towards new ends.
—Arthur C. Clarke

When you find yourself in the thickness of pursuing a goal or dream, stop only to rest. Momentum builds success.
—Suzy Kassem

There is...hope for any person who wants to remain an individual. He can assert himself and refuse to conform. He'll be on his own, that's true, but while he will not have the security enjoyed by those who do conform, there will be no limits to what he may achieve.
—J. Paul Getty

I love to write. But it has never gotten any easier to do and you can't expect it to if you keep trying for something better than you can do.
—Ernest Hemingway

A positive attitude leads to a positive action, which then yields a positive result. That's how the cycle always goes. Nothing seems to be too difficult for people blessed with positive mindsets.
—Kevin J. Donaldson

Stop thinking of the past, and stop worrying about the future. Just win the day. Achieve the goals you set for every single day, and you'll rebuild your life in a few short years.
—Kevin J. Donaldson

Reading is the multiplier of success. Reading instantly gives you access to a treasure trove of wisdom and experience laid out by those who have gone before you, especially those who have already walked the road you're walking on right now.
—Kevin J. Donaldson

I feel sorry for the person who can't get genuinely excited about his work. Not only will he never be satisfied, but he will never achieve anything worthwhile
—Walter P. Chrysler

SIX BELIEFS THAT SET THE COURSE OF YOUR LIFE

1. If you don't believe the impossible can happen, then you are right.
2. When you feel like you are less than others, then you are right.
3. When you believe what you have and how you were raised keeps you from having everything you ever dreamed of, you are right.
4. When you believe your mistakes can't be undone, you are right.
5. When you feel this is the best it is going to get, you are right.
6. When you think someone will never change or rise above their brokenness, you are WRONG!

—Shannon L. Alder

Stand tall on the summit after a tedious climb. Take in the remarkable scenery and the exhilaration of accomplishment. But don't pause for long; there are greater mountains to climb while you still possess the drive and capacity to do so.

—Richelle E. Goodrich

Don't hold back because you're afraid of hurting someone else. If your best friend wants to be a cheerleader and you make the team but she doesn't, don't feel guilty. If you end up earning more than your sister, it's not a betrayal. Your success might be an inspiration for someone else, while limiting yourself to avoid upsetting the balance doesn't help anyone. Equally, rather than being paralysed by jealousy when someone else is coming out on top, use it to spur you on to greater things. Some of our best achievements will be triggered by envy at seeing someone else fulfilling our secret ambitions.

—Rosie Blythe

To laugh often and much; To win the respect of intelligent people and the affection of children; To earn the appreciation of honest critics and endure the betrayal of false friends; To appreciate beauty, to find the best in others; To leave the world a bit better, whether by a healthy child, a garden patch, or a redeemed social condition; To know even one life has breathed easier because you have lived. This is to have succeeded.

—Ralph Waldo Emerson

I don't enjoy talking about what I am going to do. I prefer just letting folks find out what I've done.

—Nanci McGraw

Great achievements are nothing more than a collection of small accomplishments.
—Justin Young

Excellence results from the accumulation of proper choices compounded over time.
—Orrin Woodward

Don't be mad at me for my success. Be mad at yourself for not doing what it takes to get what I have. Then do something amazing with that emotion.
— Dan Pearce

The most dangerous poison is the feeling of achievement. The antidote is to every-day think what can be done better tomorrow. Stay hungry.
—Ziad K. Abdelnour

The reason people fail to reach their goals is because they give up too early. They don't understand that most successes are built upon foundations of multiple attempts.
—Richelle E. Goodrich

A non-doer is very often a critic—that is, someone who sits back and watches doers, and then waxes philosophically about how the doers are doing. It's easy to be a critic, but being a doer requires effort, risk, and change.
—Dr. Wayne W. Dyer

Were there none who were discontented with what they have, the world would never reach anything better.
—Florence Nightingale

When I was a child, I thought grown-ups and teachers knew the truth, because they told me they did. It took years for me to discover that the first step in finding out the truth is to begin unlearning almost everything adults had taught me, and to start doing all the things they'd told me NOT to do. Their main pitch was that achievement equaled happiness, when all you had to do was study rock stars, or movie stars, or them, to see that they were mostly miserable. They were all running around in mazes like everyone else.
—Anne Lamott

I am doomed to an eternity of compulsive work. No set goal achieved satisfies. Success only breeds a new goal. The golden apple devoured has seeds. It is endless.
—Bette Davis

Slow down, you're doing fine
You can't be everything you want to be
Before your time...

—Billy Joel

Commitment is an act, not a word.

—Jean-Paul Sartre

A recent study of 13-year-olds in 6 countries placed Americans last in mathematics and Koreans first. But when students were asked whether they were 'good at mathematics,' 68 percent of the Americans said yes (the highest), compared with only 23 percent of the Koreans (the lowest).

This was no quirk. The psychologist Harold Stevenson, of the University of Michigan, who has studied American and Asian students for years, finds the same relationship. Americans score lower in achievement but, along with their parents, are more satisfied with their performance.

'If children believe they are already doing well—and their parents agree with them—what is the purpose of studying harder?' he writes.

—Robert J. Samuelson

Teacher expectations of students play a powerful role in student learning and achievement. In middle schools, it seems clear...that we have yet to dismantle the 'hormones with feet' image of the young adolescent learner. As middle school educators endeavor to advance student learning and achievement and offer equally engaging learning to all young people, they will need to redefine the capacity of this age group, recognizing that puberty does not necessarily place young adolescent learners at intellectual peril.

—Nancy Doda & Trudy
Knowles

Concerned about achievement? Current research shows that school libraries are key to learning. In the largest study of its kind, Rutgers University professors Ross Todd and Carol Kuhlthau revealed that 99.4% of students 'indicated that the school library and its services, including roles of school librarians, have helped them...with their learning.' Data revealed that libraries are dynamic agents of learning and demonstrated the school library's role 'as an agent for individualized learning, knowledge construction, and academic achievement.'

—Joyce Kasman Valenza

[Keith] Lance, [Marcia] Rodney, and [Christine] Hamilton-Pennell [2005] found a positive correlation between more collaborative library staffs and higher ACT scores. According to their research, when the library staff spends more time identifying materials for teachers, planning with teachers, motivating students to read, co-teaching, serving on school committees, and meeting with librarians from other schools or districts, 'ACT scores increase an average of three to four percent over the scores for schools with less collaborative library staff.'

—Rebecca Molineaux

IT COMES FROM WITHIN

Believe in yourself and always stand tall.
Those who have doubts are the ones who will fall.
Love what you do and show off your style.
Hard work and effort will make it worthwhile.
Stay focused on all that you wish to achieve.
The power's within you if you just believe.

—Dan L. Miller

IT TAKES A VILLAGE

I DID IT!

Success!
Honor Roll.
Joy rocked my soul
As festive tears flowed free.

I DID IT!

With Dad, who sweat daily near the lathe.
With Mom, who nightly wrapped me 'round with body, arms, and
books.
With Teacher, who proved to me I could be more.
With Lunch Lady Laurie, who oversaw my allergies to food.
With Custodian Clark, who hovered near to ward off bullies.
With Biscuit, who wagged and licked and cuddled her support.

I DID IT!

—Dan L. Miller

If I am young, thou shouldest look to my merits, not to my years.

—Sophocles

Human nature is ever capable of improvement and never able of being made perfect.

—John Clare

We should do everything we can to improve our public schools. But our education system can't compensate for the ways our economic system is failing Americans. Even the most thoughtful and well-intentioned school-reform program can't improve educational outcomes if it ignores the single greatest driver of student achievement: household income.

—Nick Hanauer

For all the genuine flaws of the American education system, the nation still has many high-achieving public-school districts. Nearly all of them are united by a thriving community of economically secure middle-class families with sufficient political power to demand great schools, the time and resources to participate in those schools, and the tax money to amply fund them. In short, great public schools are the product of a thriving middle class, not the other way around. Pay people enough to afford dignified middle-class lives, and high-quality public schools will follow. But allow economic inequality to grow, and educational inequality will inevitably grow with it.

—Nick Hanauer

However justifiable their focus on curricula and innovation and institutional reform, people who see education as a cure-all have largely ignored the metric most predictive of a child's educational success: house-hold income.

The scientific literature on this subject is robust, and the consensus overwhelming. The lower your parents' income, the lower your likely level of educational attainment. Period.

—Nick Hanauer

Poverty creates obstacles that would trip-up even the most naturally gifted student...children who frequently change schools due to poor housing; have little help with homework; have few role models of success; have more exposure to lead and asbestos; have untreated vision, ear, dental, or other health problems;...and live in a chaotic and frequently unsafe environment.

—Lawrence Mishel

Multiple studies have found that only about 20 percent of student outcomes can be attributed to schooling, whereas about 60 percent are explained by family circumstances—most significantly, income. Now consider that, nationwide, just over half of today’s public-school students qualify for free or reduced-price school lunches, up from 39 percent in 2000. Surely if American students are lagging in the literacy, numeracy, and problem-solving skills our modern economy demands, household income deserves most of the blame—not teachers or their unions.

—Nick Hanauer (2019)

You don’t have to be perfect at something; just start walking toward it and see where the adventure goes.

—Renée Zellweger

Believe you can and you’re halfway there.

—Theodore Roosevelt

Look in the mirror. That’s your competition.

—*motivationping.com*

A mistake that makes you humble, is better than an achievement that makes you arrogant.

—Internet Meme

I think we can all do better.

—Jim Jeffries

Quite a bit of evidence suggests that children who help others end up achieving more than those who don’t. Boys who are rated as helpful by their kindergarten teacher earn more money 30 years later. Middle-school students who help, cooperate, and share with their peers also excel—compared with unhelpful classmates, they get better grades and standardized-test scores. The eighth graders with the greatest academic achievement, moreover, are not the ones who got the best marks five years earlier; they’re the ones who were rated most helpful by their third-grade classmates and teachers. And middle schoolers who believe their parents value being helpful, respectful, and kind over excelling academically, attending a good college, and having a successful career perform better in school and are less likely to break rules.

—Adam Grant and
Allison Sweet
Grant

The person who says it cannot be done should not interrupt the person doing it.
—Chinese Proverb

Anxiety happens when you think you have to figure out everything all at once. You got this. Take it day by day.

—Karen Salmansohn

Enormous growth comes out of enormous pain.

—Fred Rogers

A man of words and not of deeds is like a garden full of weeds.

—John D. Rockefeller

What more can punish a man than to sit and groan as he contemplates what might have been?

—John D. Rockefeller

When you're average, you're just as close to the bottom as you are the top.

—Alfred North
Whitehead

Beware of satisfaction: it is a sure sign that progress is about to stop.

—Unknown

If a child can do advanced math, speak 3 languages, or receive top grades, but can't manage their emotions, practice conflict resolution or handle stress, none of that other stuff is really going to matter.

—*Appelbaum Training
Institute*

Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.

—Ralph Waldo Emerson

It is not the *IQ* but the *I Will* that is most important in education.

—Internet Meme

Most look up and admire the stars; a champion climbs a mountain and grabs one.

—H. Jackson Brown, Jr.

You can get all A's and still flunk life.

—Marian Wright
Edelman

There must be such a thing as a child with average ability, but you can't find a parent who will admit that it is his child.

--Thomas Bailey

Poverty, race, ethnicity, and immigration status are not in themselves determinative of student achievement. Demography is not destiny...the court finds that the city's at-risk children are capable of seizing the opportunity for a sound basic education if they are given sufficient resources.

—Justice Leland
Degrasse

If school results were the key to power, girls would be running the world.

—Sarah Boseley

If you're bored with life—you don't get up every morning with a burning desire to do things—you don't have enough goals.

—Lou Holtz

Goals are dreams with deadlines.

—Diana Scharf Hunt

My chief want in life is someone who shall make me do what I can.

—Ralph Waldo Emerson

No pressure, no diamonds.

—Mary Case

I don't know who needs to hear this, but you're not a failure because you got C in pre-calc!

—Kelly Martinez

A friend is one who makes me do my best.

—Oswald Chambers

Inclusion is not a matter of political correctness. It is the key to growth.

—Jesse Jackson

Dreams are good, but executed plans of action are better.

—*theChive*

Young people's attainment is linked to their ideas about what it means to be male or female. Those who defy traditional gender stereotypes appear to do better in the classroom....The 'modern' and 'wild' girls typically...displayed signs of low engagement and motivation: they gave up easily when faced with difficult tasks, and generally put less effort into their work.....One reason for the close correspondence between gender profile and academic achievement is that adolescents tend to express strong and inflexible ideas about gender, which influences their attitude towards school, for example, 'cool guys', who prize risk-taking and winning, consistently admitted to not trying hard at school—probably because they so maintained the illusion that they would succeed if they put in more effort.

Attitudes towards gender probably also influence pupils' engagement with certain subjects. Previous studies have, for example, shown that Maths is often perceived as 'male'. Tellingly...tomboys—girls who rejected 'feminine' traits—earned higher grades than the other girls in Maths.

—Dr. Junlin You,
University of
Cambridge (2020)

If you're feeling worried about how little you've achieved, remember that Bram Stoker didn't write *Dracula* until he was 50, and *Dracula* didn't kill anyone until he was dead.

—Charlie Dinkin

All our dreams come true—if we have the courage to pursue them.

—Walt Disney

Complaining while everyone else is actually doing something is you sucking.

—Jennifer Cotton

Always do your best.

And everybody's best is different.

You can't always be the best.

But you can always do your best.

—*awwmemes.com*

Do not be too timid and squeamish about your actions. All life is an experiment. The more experiments you make the better. What if they are a little coarse and you may get your coat soiled or torn? What if you do fail, and get fairly rolled in the dirt once or twice? Up again, you shall never be so afraid of a tumble.

—Ralph Waldo Emerson

It's too big a world to be in competition with everybody else. The only guy I have to get better than is who I am right now.

—Col. Potter from *Mash*

Motivation is crap. Motivation comes and goes. When you're driven, whatever is in front of you will get destroyed.

—David Goggins

The best preparation for tomorrow is doing your best today.

—H. Jackson Brown

Wasted potential is a lot scarier than feeling overwhelmed. There is no monster greater than regret.

—Jenna Woginrich

To have the rewards that very few have, do the things that very few people are willing to do.

—Robin Sharma

If you continue to think the way you've always thought, you'll continue to get what you've always gotten.

—Paul Meyer

Adversity has the effect of eliciting talents which in prosperous circumstances would have lain dormant.

—Horace

A goal without a plan is just a wish.

—Antoine de
Saint-Exupéry

Success isn't overnight. It's when every day you get little better than the day before. It all adds up.

—Dwayne Johnson

The true indicator of future success is what you do on days you don't want to do it. Lifting. Running. Relationships. Work. School. Doesn't matter. Anyone can smile and work hard on easy days.

—*TheEnlightenedMind622*

Every morning, you have two choices: Go back to sleep and dream OR Get up and catch your dreams.

—Internet Meme

All men dream, but not equally. Those who dream by night in the dusty recesses of their minds, wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act on their dreams with open eyes, to make them possible.

—T. E. Lawrence

When I was 15 I spent a month working on an archeological dig. I was talking to one of the archeologists one day during our lunch break and he asked those kinds of ‘getting to know you’ questions you ask young people: Do you play sports? What’s your favorite subject? And I told him, no I don’t play any sports. I do theater, I’m in choir, I play the violin and piano, I used to take art classes.

And he went WOW. That’s amazing! And I said, ‘Oh no, but I’m not any good at ANY of them.

And he said something then that I will never forget and which absolutely blew my mind because no one had ever said anything like it to me before: ‘I don’t think being good at things is the point of doing them. I think you’ve got all these wonderful experiences with different skills, and that all teaches you things and makes you an interesting person, no matter how well you do them.’

And that honestly changed my life. Because I went from a failure, someone who hadn’t been talented enough at anything to excel, to someone who did things because I enjoyed them. I had been raised in such an achievement-oriented environment, so inundated with the myth of Talent, that I thought it was only worth doing things if you could ‘Win’ at them.

—Kurt Vonnegut

Elementary education...values relatively superficial learning that’s too focused on achieving mastery of shallow (but test-friendly) skills unmoored from real content knowledge or critical thinking. School hours are marked by disruptions and noise as students shift, mostly en masse and in age-stratified groups, from one strictly demarcated topic or task to another. Many educators and child-development experts believe that some of the still-standard features of pre-K and elementary education—age and ability cohorts, short classroom periods, confinement mostly indoors—are not working of many children.

—Erika Christakis (2020)

The value we place on the athlete is greater than the value we place on the scholar. Two kids walk into the barbershop, and one is a pretty good basketball player. People will be like, 'You gotta watch him. He's got a jumper. He's got a shot at the NBA.' And if a kid comes in and has won two science fairs in a row and got a grant? No one says, 'that's the next Mark Zuckerberg.' Or 'He's going to be Bill Gates.' They don't celebrate him.

—Martellus Bennett

Face your deficiencies and acknowledge them; but do not let them master you. Let them teach you patience, sweetness, insight.

—Helen Keller

The difference between a beginning teacher and an experienced one is that the beginning teacher asks, 'How am I doing?' and the experienced teacher asks, 'How are the children doing?'

—Esme Raji Codell

The long-term effects of racism on the achievement gap should not be underestimated. Schooling for whites in this country extends back for several centuries. Though not equally distributed even among whites, free public education has nonetheless an expectation that education leads to success—at least for those in the majority. For people of color no such centuries-long positive history exists. From the slave codes that forbade educating those who were enslaved, to the Jim Crow laws that followed, to the institutional racism that has only been weakened, not eliminated, all have had a devastatingly negative impact on the education of children of color, an impact that continues to this day.

—David Gardner

One study found that a child of professionals (disproportionately white) has heard about 30 million words spoken by age 3; a black child raised on welfare has heard only 10 million words, leaving that child at a disadvantage in school.

—Nicholas D. Kristof

Teacher expectations...have been linked to student achievement in two ways. Directly, teacher expectations affect the amount of time devoted to instruction, the time spent interacting with students, and the quality of materials and activities used. High expectations of students motivate teachers to better quality instruction. Indirectly, teacher expectations are transmitted to students and form the students' expectations and sense of the worth of academic work.

—James Weber

If you quit once, it becomes a habit. Never quit!

—Michael Jordan

SCHOOLS THAT ARE CLOSING THE...GAP SHARE THESE CHARACTERISTICS:

- ❑ They have an unwavering commitment to prepare all students for college or other postsecondary education.
- ❑ The instructional program acknowledges this commitment by focusing on students' intellectual development through inquiry, higher-order thinking skills, and authentic learning.
- ❑ The schools are caring, personalized communities where faculty members assume the role of adviser to a small group of students over several years.
- ❑ The teachers are supported through regular professional development, cross-curricula collaboration, and coaching.
- ❑ Extended-day and extended-year learning opportunities give students the time, attention, and other supports necessary for success with the challenging curriculum.
- ❑ The schools communicate regularly with parents and guardians about their children's progress and engage parents in the life of the school.
- ❑ The schools use many forms of data to continuously assess student progress and effective instruction.

—N. Gerry House

THE FOLLOWING CHARACTERISTICS OF ACHIEVERS DESCRIBE TRAITS THAT TEACHERS CAN HELP STUDENTS DEVELOP:

- Achievers are self-reliant and feel responsible for their actions....
- Achievers want to do a good job. They usually don't compete against others; they compete with their own past performance....
- Achievers set 'medium-risk' goals. They don't enjoy achieving very easy goals, nor do they take on wildly difficult tasks....
- Achievers plan carefully....
- Achievers take obstacles into account—person obstacles (like fears, negative attitudes, lack of skills) and world obstacles (lack of materials, opposition from others, rules).
- Achievers find and use help....
- Achievers know how to keep working at the job....
- Achievers check their progress realistically. They seek and are stimulated by realistic feedback from facts, parents, teachers, and friends....
- Achievers enjoy achieving their goals....

—Eric W. Johnson

Although school climate is hard to define or describe, there can be no doubt it is a real factor in motivating teachers and students to hold expectations for themselves and perform at their best academically. Most principals believe that the school's climate highly influences students' achievements and self-concepts. Climate is sometimes referred to as school environment, learning climate, social climate, or organizational climate. In fact, there seem to be many sources of climate in a school: school discipline procedures, physical layout of the school building, noise levels, presence or (or absence) of enthusiasm, amount of litter or vandalism, and so forth....It is possible to single out one aspect of school climate—school learning climate—that affects achievement levels. Luckily, the factors that appear to most significantly affect students' learning are limited in number. Perhaps the most important factor is the set of beliefs, values, and attitudes teachers and students hold about learning. Lawrence Lezotte and his colleagues define learning climate as 'the norms, beliefs, and attitudes reflected in institutional patterns and behavior practices that enhance or impede student learning.'

—James Weber

We have always known that human development is inextricably linked with academic development, but in a time in history where we are putting so much emphasis on testing and academic achievement, we risk losing sight of something that is very obvious: Achievement is as much about student development as it is about rigor and curriculum.

—Peter Benson

Teacher expectations of their students reaching high levels of achievement regardless of background is one of the distinguishing characteristics of effective schools, and it is the principal who is largely responsible for creating this climate of high expectations.

—Marvin Fairman and
Elizabeth Clark

Some of the peer dynamics around achievement, such as teasing each other for making mistakes, may not be visible to teachers, but they are problems as early as first grade....Kids who worry that other classmates tease kids for making mistakes report that they worry more that they may not measure up to their classmates. Worry is anxiety, and anxiety interferes with concentration.

—Ronald Ferguson

Many studies have found that the degree to which students are actively engaged in learning has a strong impact on the levels of student achievement.

—Martin Haberman

All lower achievers, regardless of ethnicity, are at risk for believing that their poor performance results from lack of ability. This belief is potentially very debilitating, for if students do not think they have at least some ability it makes little sense to them to invest effort in their learning. The challenge for teachers is to help their students maintain a healthy balance between believing that they have the ability necessary to learn, and knowing that effort will help them maximize their ability.

—Janine Bempechat

[A] study of lower-income schools found that the strongest elements in high-performing schools are linking lessons closely to state academic standards, ensuring there are enough textbooks and other teaching materials, carefully and regularly analyzing student performance and putting a high priority on student achievement. The study's authors say that these criteria show that poverty and other challenges need not keep students from doing well.

—Jean Merl

Expectations regarding student achievement do affect teacher behavior and teacher behavior then affects student achievement. It's a vicious cycle that you get into....Become aware of the fact that expectations about students do affect behavior. Then, go a step further and try to identify which students you have low expectations for and which students you have high expectations for. But don't stop there. Identify the differential treatment of the two categories of students. And all this becomes actionable once you realize that you tend to ask certain students more questions, that you tend to ask certain students harder questions, and that you tend to stay with certain students longer when they don't answer correctly. All of a sudden, you have strategies to use with the low-expectation students.

—Robert Marzano

Your competition isn't other people. Your competition is your procrastination. Your ego. The unhealthy food you're consuming, the knowledge you neglect. The negative behavior you're nurturing & your lack of creativity. Compete against that.

—*fabQuote.com*

Teacher quality is of paramount importance. Multiple studies using value-added data indicate that teacher quality is the most powerful predictor of student success, outweighing factors such as socioeconomic status, race, class size and homogeneity, or family educational background. Effects of teacher quality persist. One early study found that, all else being equal, children who had a particularly good teacher in second grade continued to outperform their peers in third, fourth, and fifth grade.

—Elizabeth Barrett
Kidder

The quality of teaching and learning in the elementary school is the key to achievement in middle and secondary schools. If student learning proceeds well in the first six grades, it is likely to continue in the remaining school years and the students will develop a very positive view of their learning ability as well as an increased commitment to further learning. If the students learn very poorly in these first six grades, their view of themselves as learners will deteriorate and they must seek some means of escape from the schools at the earliest opportunity.

—Benjamin S. Bloom

Concert pianists studied and practiced an average of 17 years before they reached recognition as virtuosos, while the Olympic swimmer needs an average of ten years of instruction and competition to reach world-class status. In the very early years, most of these talented individuals spent about an hour a day on their talent field. By adolescence it was about 25 hours a week, and thereafter it was 30 to 40 hours a week.

—Benjamin S. Bloom

FACTORS THAT CORRELATE WITH STUDENT ACHIEVEMENT

Before and Beyond School:

- Birthweight
- Lead poisoning
- Hunger and nutrition
- Reading to young children
- Television watching
- Parent availability
- Student mobility
- Parent participation

In School:

- Rigor of curriculum
- Teacher experience and attendance
- Teacher preparation
- Class size
- Technology-assisted instruction
- School safety

—Paul E. Barton

Pupils vary not only in their present performance but in their rate of growth and the 'ceiling' which represents their potential level of achievement. Some 'late bloomers' may eventually surpass pupils who seem far ahead of them in grade school.

—Goodwin Watson

FOUR TYPES OF UNDERACHIEVERS

Trust Seekers: Early in their lives the relationship with their parents was disrupted by divorce, abuse, or other causes. As a result, these children become loners and daydreamers, often preferring playmates much older or younger than themselves.

Approval Seekers: These are students who crave acceptance but are constantly criticized at home. They don't study to learn, but to earn the praise of their parents, teachers, and peers. If they are not constantly praised, they stop trying.

Independence Seekers. These kids often do very well in subjects they are interested in, at the expense of all others. Possessed with a strong independent streak, they are willing to accept failure to show that they don't need or care about their parents.

Dependence Seekers: The hardest type of underachievers to treat, these students feel that the worse they do in school, the more their parents will notice them. Often coddled at home, they become discipline problems who neither respect authority nor fear a future without a high school diploma.

—Linnus S. Pecaut

The underachieving child has ability but is inconsistent. He may get an A in math on Monday, an F on Tuesday, a B on Wednesday, forget an assignment on Thursday, and be unprepared for a test on Friday. His inconsistency has nothing to do with his ability. He can do the work—when he wants to.

An underachiever is essentially a bright child who lacks three basic virtues:

Persistence. He quits whenever he feels like it, rather than when the task is completed.

Obedience to limits. He fails to complete tasks in the allotted time.

Functional independence. He may do excellent work when 'sat on,' but his performance deteriorates when tight supervision is removed.

To understand his problem, you must be aware that underachievement is a reaction to a child's fear of the future. By underachieving, he invites teachers, counselors, and parents to tighten their monitoring efforts and to make decisions that limit his freedom. Ironically, underachievers usually perform better when tightly monitored—even though they may complain about such restrictions—because others are making choices for them that reduce their anxiety about the future. But their performance deteriorates once the restrictions are removed.

Strategies that do not work with underachievers are logic and reasoning, punishment, tutoring, bribing, changing schools, and letting them sink or swim.

The most effective treatment for underachievers is counseling designed to remove specific obstacles that prevent them from putting forth consistent effort. Failure to treat the causes of underachievement will lead only to temporary performance gains.

—Linnus S. Pecaut

A young person, to achieve, must first get out of his mind any notion either of the ease or rapidity of success. Nothing ever just happens in this world.

—Edward William Bok

In order to enrich the ‘curriculum of the home,’ some parents:

- provide books, supplies, and a special place for studying,
- observe routine for meals, bedtimes and homework, and
- monitor the amount of time spent watching TV and doing after-school jobs.

Parents stay aware of their children’s lives at school when they:

- discuss school events,
- help children meet deadlines, and
- talk with their children about school problems and successes.

Research on both gifted and disadvantaged children shows that home efforts can greatly improve student achievement. For example, when parents of disadvantaged children take the steps listed above, their children can do as well at school as the children of more affluent families.

—U.S. Department of
Education—*What
Works*

The ideals that children hold have important implications for their school experiences. Children who believe in the value of hard work and responsibility and who attach importance to education are likely to have higher academic achievement and fewer disciplinary problems than those who do not have these ideals. They are also less likely to drop out of school. Such children are more likely to use their out-of-school time in ways that reinforce learning. For example, high school students who believe in hard work, responsibility, and the value of education spend about 3 more hours a week on homework than do other students. This is a significant difference since the average student spends only about 5 hours a week doing homework.

—U.S. Department of
Education—*What
Works*

Effective time managers in the classroom do not waste valuable minutes on unimportant activities; they keep their students continuously and actively engaged. Good managers perform the following time-conserving functions:

- **Planning Class Work:** choosing the content to be studied, scheduling time for presentation and study, and choosing those instructional activities (such as

grouping, seatwork, or recitation) best suited to learning the material at hand;

- Communicating Goals: setting and conveying expectations so students know what they are to do, what it will take to get a passing grade, and what the consequences of failure will be;
- Regulating Learning Activities: sequencing course content so knowledge builds on itself, pacing instruction so students are preprepared for the next step, monitoring success rates so all students stay productively engaged regardless of how quickly they learn, and running an orderly, academically focused classroom that keeps wasted time and misbehavior to a minimum.

When teachers carry out these functions successfully and supplement them with a well-designed and well-managed program of homework, they can achieve three important goals:

- They capture students' attention.
- They make the best use of available learning time.
- They encourage academic achievement.

—U.S. Department of
Education—*What
Works*

Tutoring programs consistently raise the achievement of both the students receiving instruction and those providing it. Peer tutoring, when used as a supplement to regular classroom teaching, helps slow and underachieving students master their lessons and succeed in school. Preparing and giving the lessons also benefits the tutors themselves because they learn more about the material they are teaching. Of the tutoring programs that have been studied, the most effective include the following elements:

- highly structured and well-planned curricula and instruction methods,
- instruction in basic content and skills (grades 1-3), especially in arithmetic, and
- a relatively short duration of instruction (a few weeks or months).

When these features were combined in the same program, the students being tutored not only learned more than they did without tutoring, they also developed a more positive attitude about what they were studying. Their tutors also learned more than students who did not tutor.

—U.S. Department of
Education—*What
Works*

The difference between factual and thought-provoking questions is the difference between asking: ‘When did Lincoln deliver the Gettysburg Address?’ And asking: ‘Why was Lincoln’s Gettysburg Address an important speech?’ Each kind of question has its place, but the second one intends that the student analyze the speech in terms of the issues of the Civil War.

Although both kinds of questions are important, students achieve more when teacher ask thought-provoking questions and insist on thoughtful answers. Students’ answers may also improve if teachers wait longer for a response, giving students more time to think.

Assignments that require students to think, and are therefore more interesting, foster their desire to learn both in and out of school. Such activities include explaining what is seen or read in class; comparing, relating, and experimenting with ideas; and analyzing principles.

—U.S. Department of
Education—*What
Works*

Schools with high student achievement and morale show certain characteristics:

- vigorous instructional leadership,
- a principal who makes clear, consistent, and fair decisions,
- an emphasis on discipline and a safe and orderly environment,
- instructional practices that focus on basic skills and academic achievement,
- collegiality among teachers in support of student achievement,
- teachers with high expectations that all their students can and will learn, and
- frequent review of student progress.

Effective schools are places where principals, teachers, students, and parents agree on the goals, methods, and content of schooling. They are united in recognizing the importance of a coherent curriculum, public recognition for students who succeed, promoting a sense of school pride, and protecting school time for learning.

—U.S. Department of
Education—*What
Works*

I believe that we learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. In each, it is the performance of a dedicated precise set of acts, physical or intellectual, from which comes shape of achievement, a sense of one’s being, a satisfaction of spirit.... Practice means to perform, over and over again in the face of all obstacles, some act of vision, of faith, of desire. Practice is a means of inviting the perfection desired.

—Martha Graham

Good instruction flourishes when teachers collaborate in developing goals that emphasize student achievement. Effective schools have a climate of staff collegiality and use mutual support as a means of improving pupil achievement. School leaders in such schools set aside time for faculty interaction and provide specific opportunities for teachers and administrators to work together on such tasks as setting school policies, improving instructional practice, selecting textbooks, and strengthening discipline.

—U.S. Department of
Education—*What
Works*

If you ever find that you're the most talented person in the room, you need to find another room.

—Austin Kleon

You'll never reach perfection because there's always room for improvement.

—Hlovate

Got a 2.4 GPA my first semester in college. Thought maybe I wasn't cut out for engineering. Today I've landed two spacecraft on Mars, and designing one for the moon. STEM is hard for everyone. Grades ultimately aren't what matters. Curiosity and persistence matter.

—Ben Cichy

Students are so conditioned to success that they become afraid to take risks. They have been taught from a young age by zealous parents, schools, and institutional authorities what constitutes failure and success. They are socialized to obey. They obsess over grades and seek to please professors, even if what professors teach is fatuous. The point is to get ahead, and getting ahead means deference to authority. Challenging authority is never a career advancer.

—Chris Hedges

As a first-generation American, I witnessed the injustice of America up close—in my home, school, and city. I grew up keenly aware of how opportunity is not meted out equally and how 'making it' depends on your zip code, your skin color, where you were born and how well you speak English.

—Purvi Shah

An average person with average talent, ambition and education can outstrip the most brilliant genius in our society, if that person has clear, focused goals.

—Brian Tracy

Arriving at one goal is the starting point to another.

—John Dewey

It's up to you to educate yourself.

It's up to you to learn speaking skills and people skills.

It's up to you to try (and usually fail, but to try again) all sorts of ventures.

The rest is a combination of hard work, being at the right place ...at the right time...with the right thing...oh yes...and more (never ending) hard work.

—Gene Simmons

Every beginner possesses a great potential to be an expert in his or her chosen field.

—Lailah Gifty Akita

All abilities are paid for with disabilities....insight into one area involves blind spots in another. i could not have done what i have done as a writer had i been a gifted mathematician or physicist.

—William S. Burroughs

Start now.

Start where you are.

Start with fear.

Start with pain.

Start with doubt.

Start with hands shaking.

Start with voice trembling.

Just start.

—Internet Meme

With self-confidence, self-education and self-discipline, you can master the act in any chosen field.

—Lailah Gifty Akita

I've always thought of myself as an 80 percenter. I like to throw myself passionately into a sport or activity until I reach about an 80 percent proficiency level. To go beyond that requires an obsession that doesn't appeal to me. Once I reach 80 percent level I like to go off and do something totally different.

—Yvon Chouinard

Stop telling yourself you're not qualified, not worthy or not experienced enough. Growth happens when you start doing things you're not qualified to do.

—Steven Bartlett

No matter how slow you go, you are still lapping everybody on the couch.

—Internet Meme

Spent 7 years in Special ed., graduating with 1.8 GPA. A teacher said I wasn't going to college. Now I'm a VCU grad & best-selling author.

—Ronnie Sidney, II

You need to remind yourself that doing your best does not mean working yourself to any point of breakdown—not physical, not mental, not emotional. Your best doesn't need to be painful to be the best. In fact, if it's your best, you should be left feeling good about yourself, not hurting or bad.

—<https://lawhimsy.com>

So far you've survived 100% of your worst days. You're doing great.

—Internet Meme

In a fascinating study, psychologist David McClelland found a direct link between Greek accomplishments and the prominence of achievement themes in the literature of the day. The greater the amount of such inspirational literature, the greater their real-world achievements. Conversely, when the frequency of inspirational literature diminished, so did their accomplishments.

—Eric Weiner

Too often in this country, achievement is used to justify being an abusive jerk. Some even seem to believe achievement requires it: Powerful men and women are expected to have powerful personalities, and even in the 21st century power continues to be expressed in the form of sexual, racial, physical, verbal or emotional abuse.

—Mary McNamara

People will be most creative when they feel motivated primarily by the interest, enjoyment, challenge and satisfaction of the work itself... and not by external pressures or rewards.

— Dr. Teresa Amabile

On losing a player due to academics—'Our team traveled 25,000 miles, then he fails geography.'

—John Heisler

You can be as good as Rembrandt, but if no one discovers you, you will only be a genius in theory.

—Eric Weiner

As one goes through life, one learns that if you don't paddle your own canoe, you don't move.

—Katherine Hepburn

The best way to predict the future is to invent it.

—Alan Kay

What the research tells us about standardized testing is that there's a strong relationship between demographic variables like student race, family income, parental educational attainment, and students' standardized test scores. School is not the primary influence on student academic achievement as measured by standardized test scores. Out-of-school factors play a greater role. And therefore the use of standardized tests to hold schools accountable doesn't make a tremendous amount of sense.

—Jack Schneider

I'm afraid that fulfilling my potential would really cut into my sitting around time.

—Maria Bamford

To be successful you have to be selfish, or else you never achieve. And once you get to your highest level, then you have to be unselfish. Stay reachable. Stay in touch. Don't isolate.

—Michael Jordan

Decide what you want, decide what you are willing to exchange for it. Establish your priorities and go to work.

—H. L. Hunt

The life you want is on the other side of the things you don't want to do.

—Internet Meme

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